

The Silva Mind Method For



Getting Help From The Other Side

**Use Your Whole Mind ~
For A New
Dimension In Creative Power**



JOSE SILVA

Founder of the Silva Mind Method
with **ROBERT B. STONE, PH.D.**

**The Renowned Program That Has
Worked For Millions Worldwide**

UNLEASH POWER, INSIGHT AND ANSWERS ~ WITH THE PROVEN SILVA METHOD!

The world-famous Silva Method has already helped millions to make positive, dynamic changes in their lives. Now you can discover how to enrich your personal and business life in every area, with techniques that will enable you to:

- “see” answers to seemingly insoluble problems
- Rid yourself of fatigue ~ and turn blahs to pep
- Say goodbye to stress ~ learn to really relax
- Communicate more effectively ~ at work and at home
- Conquer loss and fears ~ triumph over trouble

And much, much more!

When you see both hemispheres of your brain, you will get touch with your higher self ~ which will connect you to an even more powerful creative reality. And as you follow the easy, step-by-step instructions contained in **THE SILVA MIND METHOD FOR GETTING HELP FROM THE OTHER SIDE**, you will put the powers of your higher intelligence to work ~ for a fuller, richer, ever more successful life!

**THE SILVA MIND METHOD
FOR GETTING HELP FROM THE OTHER SIDE**

Books by:

Jose Silva, founder of the Silva Mind Method



- **The Silva Mind Control Method**
with Philip Miele
- **The Silva Mind Method for Business Managers**
with Robert Stone, Ph.D.
- **The Silva Mind Method for Mental Dynamics**
with Burt Goldman
- **Sales Power for Sales Professionals**
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- **Think and Grow Fit**
with Ed. Bernd Jr.

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The Jeff Herman Agency

Dr. Robert B. Stone, Ph.D.



Robert B. Stone, Ph.D. is the author and co-author of more than 75 self-help books. He was a much acclaimed and revered facilitator of the Silva Mind Method programs. He was elected to the New York academy of Science and was a member of MENSA.

His acclaimed works are:

- The Secret Life of Your Cells
- Jose Silva ~ The Man who tapped the Secret of the Human Mind
- You the Healer

When you make decisions, you will make fewer mistakes and have fewer problems to correct. You will be right more often than wrong, and you will achieve the kind of success that you're always known, deep within, that you are capable of.

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CONTENTS

PART I

DEVELOPING THE CONTACT

Chapter 1	What Is “The Other Side”?	8
Chapter 2	What Help from the Other Side Can Mean to You	16
Chapter 3	How to Contact the Other Side	22
Chapter 4	Improving Contact with the Other Side	31
Chapter 5	Helpful Hints About the Other Side	42
Chapter 6	Getting Answers from the Other Side	53

PART II

USING THE CONTACT

Chapter 7	What to Do Before You Ask for Help	69
Chapter 8	How to Get Help Solving People Problems	78
Chapter 9	Help from the Other Side for Health Problems	88
Chapter 10	Help from the Other Side for Business Success	98
Chapter 11	Help from the Other Side for Life’s More Difficult Problems	108
Chapter 12	Your On-Going Partnership with the Other Side	118

PART I

DEVELOPING THE CONTACT

Chapter 1 - What Is “The Other Side”?

“Can I get help the from other side”?

Of course.

“You mean from God?”

Yes, but before you draw any conclusions, better wait a few chapters.

“Can anybody?”

Anybody.

“Now?”

Now.

We do not know very much about the other side.

One thing we do know is that it does exist. You and I exist.

We are the effect of some cause. That cause is the other side.

I once asked a skeptic, “Whom do you pity more: a man with no visible means of support or a man with no *invisible* means of support?”

“Visible,” was his quick reply.

You might answer the same way right now. As you proceed through the training that this book provides, you will begin to see how much more powerful your invisible means of support can be; you’ll understand the power of the other side.

Many years ago, a man named Lelani Melvillie Jones wrote a book called *Children of the Rainbow* about the Hawaiian native healers, the kahunas, and the ways in which they controlled nature. When the manuscript was completed, a dog chewed it to shreds and Jones was forced to write the book all over again. When he completed it the second time, there was a plumbing leak and the manuscript was destroyed. The third time through, Jones became ill and faced several other obstacles before the manuscript was actually published.

In *Children of the Rainbow*, Jones was revealing kahuna secrets that could have been dangerous if they were revealed too early. So the author’s efforts met with resistance from the other side and the book was not published until the time was ripe.

I am not revealing any such secrets in this book. Rather, I am repeating creative truths that have been around for millennia. These are truths that the other side wants us to know. They are in the ancient Taoist philosophy of the Chinese. They are in the Upanishads of India. The Kabbalah of Judaism. The Quran of Islam. The words of Jesus in the Gospels. Either the words are not heard, or the words are not understood. In any case, these seeking help from their other side.

A New Age Is Dawning

We are said to be entering a New Age. Many people define the New Age as one in which we will all be more open to creativity. Others say it is a period of awakening, of expanded consciousness. Mankind’s expanded consciousness has brought the other side closer to this side. Believe me, it is now so close you can “touch” it.

When I first started research into how to activate more of the mind, people thought I was crazy. That was back in 1944. You could not even talk about the powers of the mind in those days. Even when the Silva Method was perfected and launched publicly in 1966, rumors were rampant that it was evil.

Today, the Silva Method has come of age. The New Age. The Silva Method is validated by the findings of physicists that describe space as a field of intelligence, which confirms the theory of the collective unconscious proposed decades ago by Dr. Carl Jung. Research with biofeedback equipment has enabled us to measure brain activity showing changes that come

with relaxation--another scientific fact consistent with the Silva approach. And thanks to new understanding of the brain's right hemisphere, the Silva Method is accepted in almost every country in the world, and millions are successfully using the training.

Does the Silva Method help us to contact the other side? No, because we are already in contact with the other side. Does it give us special privileges with the other side? No--nobody, in the eyes of the other side, is special. What, then, does the Silva Method do?

Simply stated, it helps us to use our natural contact with the other side effectively to make this a better world in which to live.

Creation is the goal of the other side. The Creator is still creating, not only out there in space, but here on planet Earth. There are aspects of this planet that are still in the process of formation. Land masses are inching along; volcanoes spew lava to add new land; quakes reshape and reform; erosion creates more usable flatlands; brand-new islands arise in the ocean.

But the Creator needs man's help in creation. Man is necessary in the creation of a ship, an airliner, or locomotive. The Creator needs man to fashion clothing, furniture, and homes. Man must be a co-creator in developing computers, energy sources, and industries.

Is it possible that the other side is seeking to get more help from us humans? To make us better co-creators? The Creator may have provided the answer to this question. That answer may be: the New Age. And part of the New Age is the Silva Method.

A Peek Behind the Scenes

Helen H. was receiving annoying phone calls from a rejected suitor. He would not take no for an answer. She bought a new phone with an on-off switch so she would not be bothered at night, but he called her at work and all weekend. She felt he was following her. She received unsigned letters she was sure were from him.

Helen decided she needed help in solving the problem. One evening, after cleaning up in the kitchen, she decided to enlist that help from the other side. She sat down on her living room couch, closed her eyes, and took a few deep breaths. In about a minute, Helen opened her eyes. She felt great. She knew the problem was solved. It was. She was never again contacted by that man.

What did Helen do during that minute? Well, it was the same thing that Arthur did when he decided he needed help from the other side in finding an apartment. His lease was in its last month and would not be renewed because the owner had sold the apartment. Arthur sat on a comfortable chair, closed his eyes, and took a few deep breaths. In about a minute, he opened his eyes. He felt good about the situation. He had a gut feeling that everything would work out well. It did. The new owner called him shortly afterward; There would be a year's delay before he could move in. Would Arthur like to stay on?

What did Helen and Arthur do while sitting with their eyes closed? Pray? No, not in the conventional sense. But they did contact the other side. They contacted the other side by slowing their brain waves in order to activate the right hemispheres of their brains. The right hemisphere of the brain is our connection to the creative realm. When we rely on the right hemisphere, we open ourselves up to the other side.

But how did they slow their brain waves? How did they use the right hemisphere to get such immediate help from the other side?

Thirty-two hours of Silva course training will answer these questions. Or you can read this book from beginning to end and learn the method that Helen and Arthur found so helpful. Is it worth it? The answer is simple; what is an "invisible means of support" worth to you? The other side is just such a support, and with the other side on your side, there is no end what you can do. Believe me, it's worth it.

Why We Need help from the Other Side

Somewhere along the path of evolution, humankind made a wrong turn. We lost our way and became separated from our source. We became hypnotized by the physical world. Our senses now dominate our lives. For most of us, there is nothing else except the physical world of bodily pain, bodily pleasure, bodily comfort. It is a world of physical skills, of physical sight, sounds, smells, and tastes.

Our preoccupation with the physical world has led to education that is materially oriented. Each generation has become more and more of this physical world--and less and less respectful of what cannot be seen but only intuited, imagined, or visualized.

The right brain is our "connection" to a world beyond this physical world; it is our link to the other side, to the creative realm where we were formed. As we become more and more involved with this physical world, the right brain takes a backseat and we rely on the logical left brain to think for us.

The right brain is now almost a vestigial organ. We do not need it to survive in the physical world. We get along well as left-brained, logical, and efficient people. But then our company is merged with another, our position is discontinued, and we are without a job. The bills pile up. We are at the end of our rope. We pray, Nothing happen, and we wonder why. We need help from our other side, but when we issue the call for help, it apparently is not heard. It is as if the phone wires are cut.

Our connection is not cut, but it might just as well be. Because we have concentrated on the material world, we have disconnected ourselves from the other side. Our contact with the creative realm of the right brain gives us the freedom to restore our connection with the other side. Never in this left-brained world—from infancy to grave—are we taught how to use the right brain to contact the other side. But all that is changing. New horizons are opening up, and the Silva Method can be your chance to get the help you need.

Recognizing Help from the Other Side

A small boat was in trouble in the waters east of Honolulu. The vessel had set out for California, when suddenly a leak developed. The crew radioed the Coast Guard for help. The evening news reported that the Coast Guard could not reach the troubled boat before dark and that help might have to be postponed until morning.

A woman who heard the news broadcast recognized that the boat was the one in which her sons had set out that morning. She immediately phoned the local Silva Mind Control lecturer.

She asked, "Are the graduates having their monthly meeting tonight?"

"Yes, same time, same place," was the response.

She told the lecturer the problem. "Will the graduates please help?"

"Of course."

That night at the meeting, about 30 people closed their eyes and took a few deep breaths. In a minute or two they opened their eyes.

The next morning, the Coast Guard reported that it could not find the boat and the worst was feared. The mother "knew" otherwise. Days went by with no word. On the eighth day, her sons called from California. In some strange way, the boat's leak had fixed itself that first night. The trip was uneventful thereafter, except that the radio did not work.

Compare this event with another involving the same group of Silva graduates in Hawaii. A few days before the monthly meeting, the newspapers ran a story about a plague of blackbirds that was laying waste to a community in Maryland. The birds were stripping the local farms of everything green. Shots had been fired in the air, bonfires lit, and other efforts made to frighten off the birds. Nothing worked.

“Why don’t we help those poor Maryland farmers get rid of the blackbirds?” one graduate suggested

“Good idea,” was the consensus.

Eyes closed, deep breaths

At 6 A.M. the next morning, Maryland time, the blackbirds left. This was midnight Hawaii time, just two hours after the graduates “worked” on the problem.

Are these two events similar in any way? One explanation of the success of the two incidents might be simple coincidence.

Solutions that involve help from the other side frequently defy logical explanation from this side. So the word “coincidence” comes into play. “Coincidence” denotes an accidental series of events that appear to have a causal relationship. Coincidences often seem engineered from the causal realm—the other side. This causal realm is the realm that “caused” time and space. Time, space, and matter are the building blocks of the physical world. They do not exist in the causal realm. So the other side is not bound by the limitations of time and space.

The boat that was fixed was many miles from the minds of the Silva graduates who instigated the fixing. The blackbirds in Maryland were many thousands of miles away from Hawaii, too. In neither case was distance an obstacle. Solutions that involve help from the other side frequently defy time and distance. Scientists used to throw up their hands at any evidence of incidents like these: impossible! Today, they observe changes in atomic particles in one part of the world causing changes in atomic particles at the opposite end of the earth.

Just because something looks like a coincidence, or transcends time or space, does not mean it must have been caused by the other side, however. Nor do changes brought about by the other side have to appear to transcend the laws of possibility.

Yes, we see miracles every day. But we also see a minor obstacle circumvented, a pesky illness cured, the right person come along. No fanfare, no magic, no drama.

Just help.

What Is the Silva Method?

The Silva Method is a way of relaxing the body and the mind and then using the slowed-down brain-wave frequency and the stepped-up right-brain activity to produce some positive result.

The use of the right brain is the key. Because the right brain is in touch with the rest of intelligence in the universe—the creative source—it creates.

Where a problem exists, it creates a solution.

Where abnormality exists, it creates normality.

Where conflict exists, it creates harmony.

If the Silva Method was limited to relaxing the body and quietening the mind, it could rightfully be called traditional meditation—but is more. The Silva Method is active; it’s dynamic. What happens after those three deep breaths is not the state of “mindlessness” usually associated with traditional meditation, but rather, a state of mindfulness. When using the Silva Method, each person controls his or her own mind to harness the creative energies of his or her Higher Self.

The Silva Method should be differentiated from the traditional passive meditation practiced by Eastern yogis and gurus. Authors Robert Leichtman and M. S. and Carl Japikse describe an alternative style of meditation in their book *Active Meditation: The Western Tradition*. Active meditation is a good description of the Silva Method. A better one might be dynamic meditation. The word “dynamic” has more energy; it sounds more creative.

So the Silva Method is a form of dynamic meditation. But meditation is a broad, almost generic term that does not zero in on the methodology. In fact, because of the long-standing

public image of meditation as a passive mental posture, using the term can be misleading even when it is modified with the word “dynamic.”

You will see that the Silva Method is mindful, not mindless. When we employ the Silva Method we control our mind. The phrase “mind control” provides a very good description of what we do.

The Silva Method of Mind Control outperforms standard meditation. It is a proven way of using your mind to trigger more intelligence than you’ve ever tapped before.

The Other side Revealed

I do not pretend to know what the other side looks like or how it works. Even if I did know, there would be no words available to tell you about it; our words are designed for the physical world of matter and not for the place it came from, the world of intelligence and energy.

I do, however, keep abreast of modern science. I am aware of what physicists are discovering as they penetrate the matter within the atom’s smallest particle. I study the new physics and the theories put forth to embrace its findings within the parameters of the old physics. All these recent discoveries point to a spiritual or intelligent force behind the physical world. Scientists have mounting evidence that space is not nothingness; space is somethingness. That somethingness is a continuum with properties or characteristics. One of those properties is intelligence. Intelligence fills all space, and that space may be only a piece of the whole picture.

So here we are—you and I—in space, surrounded by intelligence. Do the skin and bones of our skulls keep out this intelligence, preventing us from using it?

The answer is no.

As I’ve said before, we all have access to the intelligence on the other side of this skull. That is what the pages ahead are all about. This intelligence penetrates us and we penetrate it. So it is both outside and inside of us.

Where, then, is “the other side”? The other side is two miles down the road and turn right at the red barn;

It is also two miles in the opposite direction. It is also there, there, and there, if you’ll pardon my pointing. It is also up there and down there.

The fact is, the so-called other side is on this side, everywhere you look. But it is also in a place you cannot look. The other side is in a spaceless place—a place that occupies no space and even no time. It is the place where space and time were created. It is the creative realm. It is on the other side of the physical world. You cannot get there in a plane, or supersonic transport, or even a space shuttle. But you can contact it by correctly using both sides of your brain.

Striking a Balance Between the Brains

A hardware store owner in a small town in West Virginia had a dominant right hemisphere. He “knew” intuitively what a customer was going to ask for the moment the car drove up in front of his store. By the time the customer entered the store and walked up to the counter, the paint, nails, and sandpaper were already out waiting for him.

“Anything else?” the owner would ask.

Even if there was something else, the customer would be too stunned to remember. Result: the owner lost sales, because most customers preferred to drive 10 miles farther down the road to a store where their purchases would not be so disconcertingly predicted.

The moral of the story is that we can get into trouble emphasizing only one side of the brain—even the creative right brain. With both halves working for us, we get help from the other

side that we can use in an acceptable way on this side. When we strike a balance, we achieve results.

As you begin to use your right hemisphere by following the instructions in this book, you will get lucky, meet the right person, solve an apparently insoluble Catch-22, get a flash of insight worthy of a genius. You can easily get carried away with your newfound abilities if you do not keep both feet on the ground. The left brain keeps us anchored.

The Silva Method teaches us that it is important to enjoy the best of both sides, both worlds.

Help from the Other Side for Greater Creativity

When you begin to activate the right hemisphere, as you will in the next chapter, you know things, when you need to, that you have no apparent way of knowing. While it may feel like you are guessing, your “guesses” will be accurate.

Each time you use the Silva Method, you will get better at it. Eventually you will not even need to use the specific steps of the Silva Method to get the information you need. You will naturally become more creative.

A storekeeper who trains with this book, or who attends a Silva Method training session, will be more skillful in establishing a proper inventory from season to season. He or she will know just what items to stock and in what quantity. This knowledge means a faster inventory turnover and increased profits; it also means satisfied customers who are able to find what they need when they need it. The storekeeper will not only make more money, but also help to make this a better world in which to live.

A medical doctor or other health care practitioner who trains to be more creative can be more accurate in diagnosis than any laboratory equipment. Left-brain senses can be deceived. Right-brain sensing is dependable. Furthermore, increased spirituality results in a lessened drive to “get rich quick” and an increased drive to serve the welfare of the patient.

An industrialist can use the training and its resulting creativity to know what products to manufacture and what prices to charge. A law enforcement officer will be able to spot or track down a criminal intuitively. A trained government leader can use creativity to project into the future to detect the needs of the people and be prepared for them.

If all government leaders of all nations were trained, they could detect one another’s future plans and intentions. Surprise would be impossible and peace would prevail.

However, we must start where we are. That means you must start with yourself. You must learn to activate your right brain, your connection to the other side.

This connection, when working for you, can bring you advantages that are beyond your ability to accept right now. Can you accept the fact that you can influence people for good purposes without speaking a single word? Can you accept the fact that you can reach any goal you can conceive? Accepting these facts is a must; before you can experience such things, you and I have to convince your left brain how wonderful your right brain can be. Otherwise your left brain stands in the way. I am doing that right now by giving you the logical facts that your left brain requires. Your red light is almost ready to change to green. When that happens, off you go to a new, more creative life.

The Silva Method Exercises

You do not have to know calculus to be successful in Silva training. You do not even have to know arithmetic. All you have to know is how to count. You do not have to be a student of literature or a lover of poetry. All you have to do is read carefully. Formal education is not a

prerequisite for Silva training. The only requirement is something that is taboo in most classrooms: the ability to daydream. And we can all daydream! The kinds of exercises that await you are methods for relaxing and instructions for effective daydreaming.

To begin with, these exercises are done with the eyes closed. Later, you can function with help from the other side while your eyes are open. With eyes closed, you will relax by using a number of standard relaxation techniques augmented by a few that are unique to the Silva Method. Once you are relaxed, you will be asked to give yourself verbal instructions or to mentally picture in certain ways. You will then end your session by counting upward, giving yourself positive instructions, and opening your eyes.

The Silva Method may seem simple, but behind the scenes important machinery is at work; simple act can produce dramatic results. I will now list the chain of events that links you with the other side, leaving fuller explanations for the chapters ahead. By relaxing the body, you enable the mind to relax. By relaxing the mind, you slow the brain-wave frequency. When you slow the brain-wave to about half the normal awake rate, you raise the right brain's level of activity so that it is about as active as left brain. When both halves of the brain are active, the mind can be programmed consciously and purposefully, just like a computer. You use words and/or mental pictures to program your computer and control your mind. Picturing mentally—using visualization and imagination—is a right-brain activity, and the right brain is “connected” to the other side. Your mental computer is then connected to larger Computer, if you will, and your need is “heard.” When heard by Higher Self, or by Higher Intelligence, or by Source, or by God, your need is filled.

That is the way it works. And that is the way it has been working since humanity arrived on Earth, but somewhere along the way, we lost the simple formula. We forget to make the contact. The Silva Method exercises put the formula back in your hands.

A Look at the Big Picture

Imagine our predicament if we could not get help from the other side. We would be alone on planet Earth, created but cut off from the Creator, trying to solve problems without the benefit of intuition or inspiration, and limited to our personal “computers” with no access to a larger Computer. In a way, you do not even have to imagine such a dilemma: we are now in it.

Look at the ways we are destroying our planet, warring among ourselves, and filling our prisons and hospitals. We clearly need help from a higher source. And we can get that help if more of us avail ourselves of the benefits of the other side.

Once we connect with the other side, we invoke wisdom, we control emotions, and we become super-idea generators. We begin to live in harmony with ourselves and with others. With the help of the other side, we become geniuses, benefactors, and statesmen; we make this a better world for ourselves and for others.

Just reading this book is not enough. You must put the book down and make the Silva Method a part of your life. There are no shortcut. You must conscientiously learn and practice all the exercises. Each exercise paves the way for the next; it is a step-by-step process.

Contact with the other side is not far away—just a few mental steps and you're there. Benefits begin almost immediately. The more you use the contact, the better those benefits become.

I have seen people who once called their lives an impossible hell undergo such dramatic changes that they now live in a state of blissful peace. I have also seen people who shrug their shoulders at concept of “the other side” and walk away. As of this writing, some 8 million people have rediscovered their contact with the other side using the Silva Method. I encourage you to join those individuals who have taken a chance and opened themselves up to a Higher

Self and let the other side do its work in their lives. If you are willing to take the time to enjoy the benefits of Silva Method in your daily life, just follow me.

Chapter 2 - What Help from the Other Side Can Mean to You

Earth's creative process seems to have hit a snag. Air has become polluted, water has been contaminated, and the ground itself has become infested with poisonous chemicals. As a result, many types of flora and fauna have become extinct or are endangered. Mankind, apparently in charge of this planet's creative process, is itself the snag. We have become a destructive influence not only on the planet but on ourselves as well. We are polluting our consciousness with pictures of crime, violence, and death.

When did it start? How will it end? The answer to these questions seem related more to society in general than to the individual in particular. But in a moment you will see how important these answers are to our immediate condition—*your* success, *your* prosperity, *your* health, *your* happiness.

The destruction started when man became eccentric. I don't mean eccentric in the sense of being odd or whimsical, I mean eccentric in the sense of being off center.

As I've said before, man has two brain hemispheres. The left one is interested in this material world, and the right one is interested in the nonmaterial realm. Only 10 percent of us think in a balanced way by using both hemispheres. The other 90 percent use their left hemispheres to the near exclusion of their right. So then thinking is off center—eccentric.

What makes the difference is brain-wave frequency. Physical world thinking is done at about 20 cycles per second. When you center our thinking at 10 cycles per second, you balance your hemisphere activity.

If the left brain is physical world thinking, then the right brain is spiritual world thinking. Eccentric thinking is without spiritual help. Centered thinking draws on spiritual help.

So, here we are, off-centered in our thinking, threatening destruction of our planet and ourselves. How will it end?

It will end when we enlist help from the other side. It will end sooner for the person who takes steps to activate the right brain hemisphere, our connection to the other side.

As more and more of our mental computers become centered, there is not only a cumulative effect on the mass consciousness, but also a cybernetic effect that accelerates the change exponentially—faster and faster.

We can save our planet and heal ourselves.

Becoming Less Destructive and More Creative

The typical man or woman functions at brain frequency range of from 1 to 20 cycles per second: 20 cycles when awake, 1 to 4 cycle when asleep, and seldom at the intermediate frequencies except when passing from awake to asleep or asleep to awake. Yet the intermediate frequencies are the ones that provide conscious use of the right brain hemisphere, our spiritual connection. The ideal thinking frequency occurs at the center of the brain frequency spectrum, at 10 cycles per second, which scientists call the *alpha level*.

People who do their thinking, analyze their problems, seek help from the other side while at the alpha level are centered. Their awareness is connected to Higher Intelligence. When they get an answer, even if it feels like guessing, they are right more times than they are wrong. You might say they are divinely inspired, or if you prefer, they are instinctive or intuitive. These are the people who are helping with creation instead of working against it. They have become partners with God, you might say, because they are helping God, and God is helping them. They are getting help from the other side by being at alpha level. It's that simple.

Many of you may feel let down by the simplicity of the contact. You may prefer to hear that prayers work when you tithe at the church, or when you hold your palms together in a

certain way, or when you are immersed in the waters of baptism, or when you confess your sins. If any or all of these actions are meaningful to you, then they are also a necessary supplement to going to the alpha level. These additional acts will enhance your contact. Nothing in the Silva Method contradicts or conflicts with the religions of the world. The Silva Method just makes the spiritual realm more accessible to you.

We must acknowledge our closeness to God. We should pursue anything that strengthens our closeness to God. If you feel separated from God, you know who moved. If you feel separated from your creative source, daily life will be more difficult for you than it is for someone who feels closer to the source.

Stay “In Tune” for Easier Living

Sidney W. was a Silva Method user. He knew that the formula for staying “in tune” was to use the alpha level: relax and picture. Sidney was an accountant with his flourishing practice. But he felt empty in his work. He felt like an outsider looking in on the world of business activity. He felt he should be doing more than working with numbers. He needed to be more creative.

Sidney decided to use a Silva technique known as the Mirror of the Mind. He relaxed his body and mind in the easy way he’d learned, and visualized the problem in blue-framed mirror. He saw himself doing his job well but not being fulfilled by it. Then he changed the mirror’s frame to a white one and visualized the goal he wished to reach: a broader range of activities and more satisfaction. The whole procedure took less than three minutes. In the days that followed, whenever Sidney felt empty at work, he immediately pictured that white-framed mirror and the solution image he had used.

Within a week, one of his clients proposed that he undertake a new venture that involved introducing a new consumer product to his city. It would be a challenging, creative project requiring accounting skills, but also a flair for innovative marketing procedures. Sidney accepted, and eventually attained a gross volume of sales well beyond the first-year target; more important, he also had greater energy, more job enjoyment, and a heightened zest for life.

Was there a connection between Sidney’s relaxed mental picture and the client’s offer?

Skeptics will say, “Coincidence.”

We users of the Silva Method experience a lot of happy “coincidences.” We begin to regard them as creations of God to which He has not signed his name.

Control Your Mind for Results

The brain has 30 billion neurons. Each neuron is a collection of atoms that works for you like the components of computer. You have a built-in computer with billions and billions of components, superior to any made by man. Most office computers can communicate with outside computer systems through the telephone lines, tapping vast bodies of information to supplement their own programming. Our mental computer can do the same thing through its right hemisphere, tapping into a larger Computer that is called Higher Intelligence. No right hemisphere activity, no connection to the larger Computer.

When Sidney the accountant relaxed and pictured with the Silva Method, he had both hemispheres working for him. When he visualized his problem in the blue-framed mirror and the solution in the white-framed mirror, his mental computer was immediately connected to a larger Computer that had input from many others and so could create a solution to his problem. Sidney got help from the other side.

If I were to use computer language in this book, most readers would throw up their hands. The computer world has a language of its own, not readily understood by outsiders. Philosophers have a language, too. So do religionists. And scientists. All these languages are different ways of saying the same thing.

Suppose we asked the same question of each: How do you get help from the other side? How might they respond?

The philosopher might say, "Attune your intelligence to Higher Intelligence."

The religionist might say, "Read the Scriptures and pray deeply to God."

The scientist might say, "Activate your brain's right hemisphere for contact with the morphogenetic field."

All three are really saying the same thing. Yet you, the reader, might feel more comfortable with one of the above than you do with the others. How do I satisfy you all? How do I speak all of your languages at once?

The instructions in this book are potentially so important to you that I must speak your language. So I am using philosophical, religious, and scientific terms throughout, interchangeably. Some readers may feel more comfortable with the term "God" than with "Higher Intelligence," or more comfortable with "Higher Intelligence" than with "morphogenetic field." If I use all three terms, selecting whichever one seems to fit best in a particular context, you will become comfortable with all three eventually.

In a way, this use of different terminology helps everyone to get help from the other side more readily. The reason for this is that separation, differences, and polarity are left-brain characteristics. The right brain—our connection to the other side—does not see differences. It sees samenesses. It sees the common denominator behind all apparent differences. It sees the unity behind diversity.

As we move toward tolerating differences, we are becoming better operators of our mental computers, more attuned to Higher Intelligence, closer to God, more right-brained.

Becoming More Right-Brained

Were people everywhere to have a more holistic view, seeing planet earth as a living organism where each part is necessary to the well-being of the whole, there would be an alleviation of tension in the world and a return to balance and harmony between man and man as well as between man and his environment. Besides an increase in our awareness of our global responsibility, we would move toward feeling a deeper human connection and spiritual awareness. Planet earth could become a paradise. You are probably asking, "How does this change get started?" The answer is simple: it starts with you. As you relax your body, still your mind, and mentally picture the changes you want in your life, when these improvements arrive, you experience a subtle change in your attitude. Your expectation and belief increase, which makes you happy to seek further improvement. You relax and picture, and again the improvement arrives. Expectation and belief go up another notch.

Expectation and belief are important factors for success. The higher your expectation and belief, the better your "batting average" in getting help from the other side. Lack of expectation and belief is your left brain's way of letting physical-world limitations rule your actions. The left brain says, "It is not going to happen because it is not logical"

When you give your mental computer "go" instructions, it goes. When you give it "stop" instructions, it stops. Lack of belief is a "stop" instruction. When we get more right-brained in our thinking, the left brain gets in the way less frequently and less obtrusively. We are better able to rise above logical limitations and believe in our ability to solve problems and reach goals.

We are helped toward new levels of health, prosperity, and happiness. By now you can guess where that help comes from—the other side.

How Help from the Other Side Arrives

In the early sixties, a few years before I launched the Silva Method, my research had drained me financially and I was beginning to feel spiritually drained, too. One night, about two hours after I had fallen asleep, a bright light inside my head woke me up. Hanging in the light were two sets of numerals, one set over the other. The first set was 3-4-3; under it, the second set was 3-7-3. I also received an impression of Christ and saw a passage I had once read in an anonymous tract called “One Solitary Life.” The passage was a moving description of how one life can affect many.

Part of the Silva Method is getting answers from the other side in a dream, a dream you can remember, understand, and use for problem solving. So I was more than curious about the meaning of the dream.

All the next day, I pondered the meaning of those numbers. Was I supposed to phone somebody with that number or contact a driver with that license plate? I looked for these numbers, to no avail.

As I started to close my electronics business in Laredo, Texas, at 8:45 P.M., my wife came in from our house across the street.

“Jose, if you go across the river into Nuevo Laredo for a service call, get me a bottle of medicinal alcohol,” she requested.

“Honey,” I replied, “I don’t have any calls from across the border, but I’ll go and get you a bottle anyway.”

And that moment an old friend of mine came in, and he agreed to go with me. On the way, I told him about my dream. He also was interested in the powers of the mind, so I knew he was not going to think I was crazy.

“They have a lottery in Mexico,” he reminded me.

“Why don’t we go to the lottery office?”

“What have we got to lose?” I agreed.

We stopped in front of it. The office closed at nine and it was a few minutes after; we’d just missed it.

We went to the store for the alcohol. While I was purchasing it, my friend roamed around the store and came upon some lottery tickets hanging on a string.

“What numbers are you looking for?” he called to me.

“They’re 3-4-3 and 3-7-3.”

“Number 3-4-3 is here!”

“You’re kidding me!” I exclaimed, running back to where he was standing. Sure enough, there it was. I bought that ticket and the five tickets left on that sheet. I never found 3-7-3, but in few days I found out I had won. I came home from the lottery office with \$10,000 in cash after taxes.

Look at all the events that brought me to the ticket with the number I’d dreamt of. What timing! What “coincidences”!

Winning the lottery restored my finances and restored my spirits. The impression of Christ and “One Solitary Life”—was this the signature of the “author” of these fortuitous events? This was help from the other side in no uncertain terms.

Sometimes help from the other side can be even more immediate. It can be more subtle and less obvious. It can come more directly or less directly. It can come through a family member or a perfect stranger. It can float in front the ocean or blow in on the wind.

A widow with four young children had to disappoint them one hot day because she did not have the bus fare to take them to the beach. She relaxed and pictured them at the beach. Five minutes later, one of the youngsters ran in.

“Look, Mom. This just blew across the grass,” the child said. It was a five-dollar bill. Another example of help from the other side.

In a moment I will ask you to put down this book and enjoy a few minutes of insulation from stress. You will close your eyes, take a deep breath, and visualize a passive scene. When you do this, you will be activating your brain's right hemisphere. You will be more connected to the other side—the creative realm and the life force. When you open your eyes, you will feel better than you do now. You will feel revitalized and refreshed.

Here are the steps. Read them first.

1. Sit in comfortable position.
2. Close your eyes.
3. Take a nice, deep breath and, as you exhale, relax your body
4. Picture a peaceful place that you have found in the past to be tranquil and beautiful—a beach, a meadow, a tree—and visualize yourself there for a minute or two.
5. Tell yourself that when you open your eyes you will feel great, wide awake, better than before.
6. Open your eyes.

Read these six steps again; notice how simple and natural they are. The first three are what most people do when they come home after a hard day's work. The last three are a common form of daydreaming.

Ready? Put the book down now and do it.

You have just taken the first step to becoming closer to the other side. And the closer you draw to it, the closer it draws to you. Result: help comes more quickly and on a broader basis, until your life is transformed.

The Gifts Grow in Number and Value

Healthy human bodies last longer, doing more and better work, helping the Creator with creation, converting this planet into a paradise. As your mind taps into Higher Intelligence, you become a supercharged idea generator, a person everyone looks up to, an ingenious problem-solver, and a catalyst for improved human relationships.

The exercise you just did will be followed by somewhat longer ones. But then the process gets shorter until all you have to do is defocus your eyes and daydream. At that time, controlled daydreaming will be your “key to heaven.”

Once you have developed the ability to go the alpha level—and the ability to use visualization (mentally picturing something you have already seen) and imagination (mentally picturing something you have not yet seen)—your conscious awareness is in contact with the creative realm. It is like being in contact with the nonphysical world of intelligence—the invisible, spiritual world from which this visible, physical world was created.

What Is the Source of the Help?

Without help from the other side, we are much less than we can be. We might be quick to anger, pointless in speech, profitless in action, and nearly friendless.

We might be marking time in life, getting nowhere, ill frequently, unhappy in love.

By using the other side of the brain, we get help from the other side.

Is “the other side” merely the other side of our brain? Or is it a huge man with a long white beard up there in the sky?

Somewhere between these two concepts lies the truth, seen by different thinkers in different ways.

For millennia, man has been “seeing” God in his own image. Actually, the opposite is true. God, by definition, is the Creator, and it is He who has made man in His image.

God is creative, intelligent aware. And so man is creative intelligent, and aware.

In order to understand and explain their latest findings, modern physicists theorize that all space is filled with intelligence. Space is filled with a number of energy fields, so adding a field of intelligence is not stretching out current scientific paradigms. But many scientist are wary of officially adopting this concept of a field of intelligence, worrying that it come too close to religious concepts.

Strong evidence, however, is forcing the scientific community to take this notion seriously. For hundreds of years, theosophical and metaphysical literature has claimed that there is a spiritual basis or cause behind the physical universe. Today, the possibility confronts scientists in the form of hard evidence.

Individual scientists have begun to express the idea of Higher Intelligence in different ways during the past decade. Dr. Fritzjof Capra, an American physicist who wrote *The Tao of Physics*, compares what today’s physicists are seeing beyond the smallest particle of the atom to the way in which ancient Chinese philosophers described the spiritual world.

Dr. Karl Pribram, a noted American brain surgeon, sees the brain neurons outpicturing the physical universe much like a holographic process, which suggests that our brains were previously “exposed” to the concept of the universe. British scientist Jacob Boehm proposed the same holographic theory in a scientific journal. Neither scientist knew about the other’s parallel work.

Physicist Peter Russell points to intelligence within planet Earth itself, calling it the “global brain.” He sees evidence that our planet is maintaining its temperature and purifying its waters despite man’s interferences.

Biologist Rupert Sheldrake has proven repeatedly through laboratory-controlled experiments that different species of animals appear to be “plugged into” a common intelligence that they all share. When enough mice in a group have learned a maze, they all suddenly know the maze. When enough humans have learned something, it becomes easier for all humans to learn it. Sheldrake calls this shared intelligence the morphogenetic field.

Cleve Backster, a polygraph expert, found that this instrument could detect plant reactions to human thought, even when that thought came from a considerable distance; his work was described in *The Secret Life of Plants*. Backster has gone on to discover the same perception in animal cells, including human cells. He uses electroencephalograph (EEG) equipment and gets repeatable results. Cells taken from a person’s mouth and monitored electrically react to his or her emotions even at a distance.

Scientists have gone beyond the smallest particles of matter and found energy systems and fields of intelligence. This may be not only the last frontier, but a realm that cannot be measured by physical world tools.

The scientist’s own mind, like yours and mine, becomes the best available instrument for understanding.

Chapter 3 - How to contact the Other Side

Let us now examine the relaxation connection. How does such a simple act as relaxation enable us to succeed in something so important as contacting the other side?

Most of us consider physical relaxation to be just “doing nothing,” but it is more than that. When you come home from a busy day at the office, or when the kids are finally put to bed after a particularly hectic day, and you flop into a comfortable chair, thankful that you are able to just sit there free of things to do, you may be more relaxed than you were before, but you still are not relaxed enough to activate your brain’s right hemisphere and establish contact with other side

Your body’s muscles, tissues, glands, and organs are still holding on to tensions acquired during the day. These tensions need to be released. Once you know how to release tension, you will be healthier and happier. True relaxation is the best tonic you can give yourself.

You are probably asking, “How do I release the tension in my body?” The answer is easy: your brain is in charge of your body, and you can control your brain. If you use your brain in the right way, you can relax your body.

Let’s see the brain in action. You will not have to put the book down to follow these instructions. However, hold the book with your left hand. Your right hand is now free. Make a fist....Your right hand is now closed into a fist. Your mind picked up the idea to do so from this page. Your mind then passed that instruction to the hand via the nerves and muscles.

In a moment I am going to ask you to tighten your fist, tighter and tighter, and then to let go. The reason for this instruction is to permit you to remember the *feeling* of true physical relaxation. The instant of letting go is the feeling of relaxation. Not five seconds later, but the moment of release. So be ready for that feeling.

Ready? Tighten your fist....Tighter still.... Now let go!

Doesn’t that feel good? That’s relaxation. Remember it. That’s the feeling you will be enjoying as you do the relaxation exercises in the pages ahead.

You can experiment with this feeling in other parts of your body right now, if you wish. Hold the book with both hands again. Tense up an ankle by pointing your toes down so as to create a tightness in your ankle Tighter....Now let go. It feels so good.

Clench your teeth by tightening up your jaw.....Tighter....Now let go. It feels so good.

Morning, Noon, and Night

Right now you might be asking, “What has relaxation got to do with getting help from the other side?”

The answer is: everything.

A quick reminder:

- Relaxing the body permits you to relax the mind.
- Relaxing the mind slows your brain-wave frequency.
- Slowing your brain-wave frequency permits the brain’s right hemisphere to function more actively.
- The right hemisphere is your connection to the non-material or creative realm—the other side.

Relaxation is as necessary to getting help from the other side as picking up the receiver and dialing is to making a telephone call.

If getting help from the other side is important to you, then the more quickly you acquire the skills you need in order to relax, the better.

I am going to assume that learning quickly is important, so I am going to give you exercises to do morning, noon, and night for 20 days. It is not necessary to adopt this rigorous rate of training, however. You will acquire the ability to get help whenever you need it by going at half or even a quarter of the suggested rate, but it will take twice or four times as long. In other words, you can repeat each day's exercise the following day (or for several days), if you wish to be sure of your progress.

When the Silva Method training is given to a group, the ability to go into a deeply relaxed level of mind is acquired by everyone in the group in five or six hours. Of course, everybody continues to get better at it with practice. You will, too. Training yourself with his book, however, will take longer than learning with an outside trainer.

Let me explain what you will be doing in the morning, then what you will be doing at noon and at night. This is just a preview. Detailed instructions will come later.

Morning: When you wake up each morning, you will close eyes and count backward from 100 to 1. This relaxation-deepening exercise will get shorter as you advance.

Noon: When you finish lunch, whether at work or at home, you will sit in a comfortable chair, relax, and daydream in a controlled way.

Night: When day is done and you are able to sit in a comfortable chair undisturbed, you will do relaxation exercises, and daydream in a purposeful way.

The skills you acquire during these few minutes of practice at morning, noon, and night will soon come together. You will be able to relax physically and mentally, go to alpha, and contact the other side with your brain's right hemisphere.

I will now give you detailed instructions for the first five mornings, then the first five noons, and lastly the first five evenings. Then, at the end of this chapter, I will outline your full program for each day so that you can see it at a glance.

What to Do in the Morning—Days 1-5

When you wake up in the morning, prop up your pillow. Then, reclining on your bed, close your eyes and count back from 100 to 1.

Counting backward is relaxing. Counting forward readies us for action. One, two, three, go!

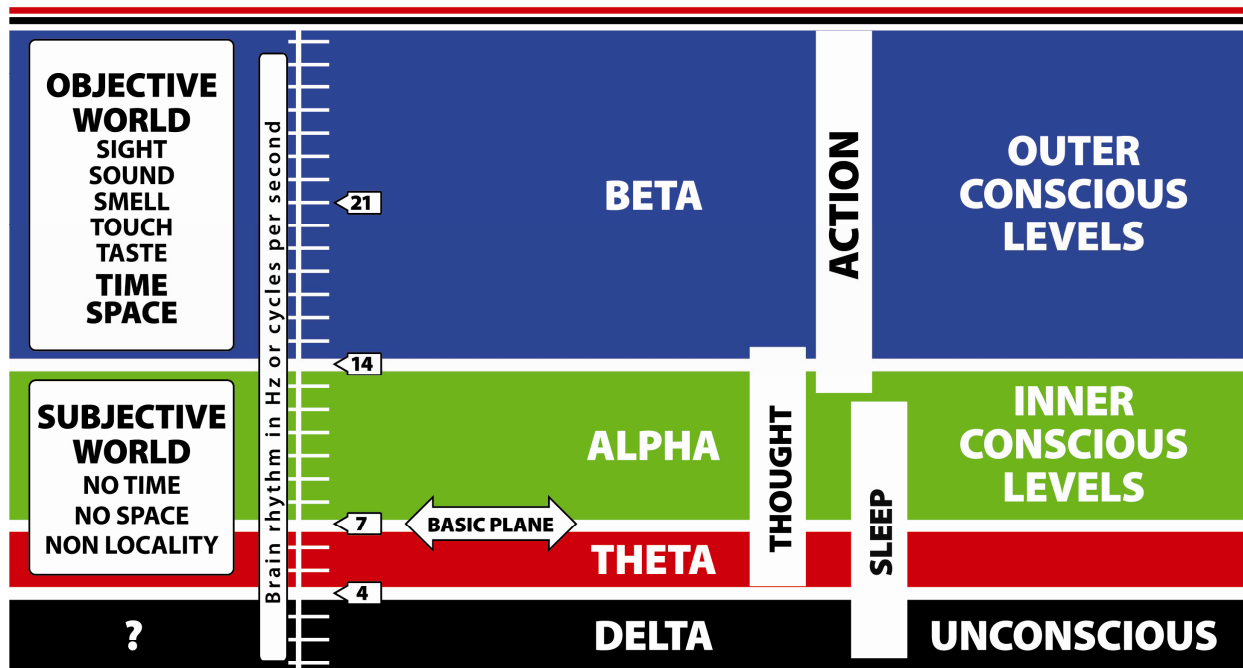
To understand why we count backward in the morning from 100 to 1, it will help to examine Figure 1.

This chart, called the Scale of Brain Evolution, illustrates the effects of relaxation on the mind.

Horizontally, this chart is divided into three part. The left side represents the body; the center represents the brain and its brain-wave frequency; the right side represents the mind or consciousness.

Let's examine the center first. It defines four levels of brain-wave frequency, that is, the number of energy waves per second that your brain emits. Yes, right now as you read this, your brain is "vibrating" at a certain frequency, probably between 14 and 21 waves or cycles per second. Scientists are able to measure the brain's waves with a biofeedback device known as an electroencephalograph. Your brain-wave frequency in this active, waking state is called the beta level.

Scale of Brain Evolution



When you relax, you slow your brain-wave frequency. This range, from 7 to 14 vibrations per second, is called the alpha brain-wave frequency. Alpha is the level of brain-wave frequency that we are seeking because it is the level on which the right and left hemispheres work together.

At alpha, we can program our mental “computer” and contact that larger Computer on the other side.

Frequencies between four and seven cycles per second are called theta brain waves. They are on the edge of sleep. The lowest frequencies, below four, are deep sleep.

Look what happens to the body—the left third of the chart—as you descend to lower brain frequencies. At beta, you are very much of this physical world. It is the world of the five senses—sight, sound, smell, taste, and touch—the world of time and space.

At alpha, you are in a different world—a world where the physical senses are left behind and “sensing” without the senses begins. Alpha level is a non-physical realm where time and space barriers are nonexistent and intuition, extrasensory perception, and psychic functioning are made possible.

As you deepen your relaxation level to alpha, slowing your brain waves—the right side of the chart—your mind shifts from an outer conscious level to an inner conscious level. Psychologists once called these inner levels the “subconscious”. With the help of Silva Mind Control, they are not “sub” to us. We are able to use these levels consciously. If anything, these levels are “super.”

So, in the morning when you recline on your bed, close your eyes, and count backward from 100 to 1, you are learning how to go to the alpha state where you can function superconscious level with your Higher Self, the part of your mind that is in touch with the other side.

Here is your morning action plan for the first five mornings:

1. On awakening, prop up the pillows and recline.

2. Close your eyes, turning them slightly upward.
3. Count backward from 100 to 1.
4. When you reach the count of 1, say to yourself mentally, “Each time I relax this way, I go deeper, faster.”
5. End your session by counting from 1 to 5. Stop at the count of 3 and say to yourself, “When I open my eyes at the count of 5, I will be wide awake, feeling great.”
6. At the count of 5, open your eyes and say to yourself, “I am wide awake, feeling great.”

Read these instructions over again now, so you will be able to do the exercise correctly each morning.

Congratulations, in advance, on completing your first controlled visit to the alpha level.

What to Do at Noon—Days 1-5

When we daydream, we create. The imagination is our creative faculty. So one would think that using the imagination and daydreaming would be the number-one priority in our educational system, right?

Wrong. As recently as the day before yesterday, it was considered a no-no for students to daydream in class. The simple formula for human creativity—relax and picture—was considered taboo. However, educators and parents are beginning to see the value of directed daydreaming. A mental picture of a painting in the artist’s mind preceded the actual painting. A fashion designer had a mental image of the dress he or she created; only then could the pattern be made the fabric cut. An architect had to “see” the building before he could sketch it, draw renderings, draft plans and elevations, compile specifications, submit bids, and oversee the start of construction.

Our mind’s visualization and imagination cannot be ignored by the other side. The two sides are connected, and imagination helps you utilize the connector—the right hemisphere.

Each day, after you have had your lunch and are relaxed, I will lead you through some mental picturing. First we will use visualization, then imagination.

What is the difference? Visualization is mentally picturing something you have already seen with your eyes. It is recalling a picture to your mind’s eye. Imagination is mentally picturing something you have not yet seen with your eyes. It is conjuring up an image of something completely new in your mind’s eye. If I asked you to mentally picture a lemon, you would visualize a lemon. If I asked you to mentally picture my office in Laredo, Texas, you would have to use your imagination.

We will start with the more familiar mental pictures—visualization. Since we are moving ahead in five-day cycles, I will now give you five fun exercises to do after lunch, coinciding with the five mornings on which you deepen your relaxation by counting down from 100 to 1.

I would like you to do the first visualization exercise right now, so you get the hang of it. This exercise is in three parts: relaxation, visualization, and bring out. Go over each of these three parts carefully, then put the book down and try the exercise.

Steps for Day 1:

1. Sit in a comfortable position and close your eyes. Turn them slightly upward.
2. Count backward from 100 to 1.
3. Visualize a whole green watermelon.
4. Imagine someone cutting the watermelon in half and the two halves falling apart so you can see inside.

5. Put the halves back together and make the watermelon disappear.
6. Count from 1 to 5 and open your eyes. Remind yourself at the count of 3 that when you open your eyes at the count of 5 you will be “wide awake, feeling great.” Remind yourself again at the count of 5, “I am wide awake, feeling better than before.”

Visualizing the watermelon will be your after-lunch exercise on Day 1. On the next four days, I will give you different things to visualize.

What did you “see” just now when the watermelon was sliced open? The red meat? Black seeds? White inner rind? I did not ask you to “see” these details, yet you automatically included them in your mental picture. They are part of your memory of what a watermelon looks like.

Look for these details tomorrow after lunch, too. You might even want to remember the taste of a watermelon. Why not make it your dessert!

Here are your visualization assignments for the next four days:

Day 2—Yourself. Visualize yourself standing in front of a full-length mirror. If you have any difficulty with facial details (we often take our faces for granted), look in the mirror and memorize your face. Then try again.

Day 3—Somebody you live with (or a close friend or relative, if you live alone). Again, we tend to take for granted the faces we see every day. Sneak an extra peek or two before doing his exercise.

Day 4—A peaceful place. Select a tranquil place you have visited. It could be a beach, a hammock, a hillside, a lake, a mountaintop, a shady nook. Then visualize yourself there. Make the picture real, so that you experience its tranquility again. If it is as relaxing as you expect, we will be referring to this place later as “your favorite place of relaxation.”

Day 5—The house or apartment building you live in. See it from the outside. Remember everything you can about it. Check it out from top to bottom. Remember to visualize specific colors and minute details

You now have a plan for the first five mornings and the first five noons. Now let’s go over what happens the first nights.

What to Do at Night—Evenings 1-5

In the morning, you are practicing relaxation. You are learning to control the alpha level where thinking is centered. At noon, you are practicing mental picturing, a right-hemisphere activity. At night, you will combine the two. You will relax and picture. Relax plus Picture = Results. It’s that easy. And you’ve known the formula all along; you have been using it in your everyday life. How? Well, you come home at night after a hard day’s work, relax in a comfortable chair, and picture your problems: how bad business is, how many bills you have to pay, how small the house is, how old the car, how ill the baby, and so on. And you worry.

When you relax and picture this way, you are being creative. But what are you creating? You are creating the very things you do not want. You are adding creative energy to your problems. And you wonder why your troubles persist.

All that is changing now. You will use the formula to create solutions instead of problems. And what a change there will be in your life! The relaxation you do in the morning and the mental picturing you do at noon will now be brought together for your evening exercise. With a few minutes of relaxing and picturing before you go to sleep, not only will you begin to become more adept in both steps, but you will soon begin to make important changes in your life as well.

Progressive Relaxation

Concentrate your awareness on each part of the body in turn, relaxing each part and feeling it respond.

Start at your head and work down to your toes. Proceed slowly and deliberately, making sure that each part of the body has responded before moving on to the next. Begin by relaxing your scalp. Then your forehead. Your eyes. Your face, neck, shoulders, and arms. Do not continue to your upper back until you feel that your shoulders and arms have responded and are delightfully comfortable. Next your chest, your abdomen, your lower back, hips, thighs, knees, legs, ankles, feet, and toes.

There is no need to memorize this order, as it is merely a natural progression from head to toe. Read these instructions over for the first evening, and do each relaxation step slowly and thoroughly.

On Evenings 2 and 3, you can step up the process. Quickly relax your scalp, your forehead, your eyes, and so on. You will find that the body responds more quickly and thoroughly.

Action Plans—Evenings 1-5

In each of these nightly exercises, relax the way you did in the morning, then follow the instructions provided below to enhance your relaxation and move toward contact with the other side.

Evening 1—Try the progressive relaxation described in the preceding section. Next, do you remember the watermelon you “saw” right after lunch? Visualize it again. “See” the seeds, the red meat, the green rind, and the white inner rind. Bring it closer. Watch it get larger. Recall what it smells like and what it tastes like. Now make it disappear. Do the same with a lemon, and then with an onion. End your session counting from 1 to 5, as you did this morning.

Evening 2—Do the stepped-up method of progressive relaxation described above. Visualize yourself as you did today after lunch. Change the picture so you look younger, healthier, more vibrant and radiant. End by counting from 1 to 5 in the usual way.

Evening 3—Again, do the stepped-up method of progressive relaxation. Visualize the person you visualized at lunch. Forgive that person for all conflicts and misunderstandings and, in turn, ask to be forgiven. Feel it happening. End by counting from 1 to 5.

Evening 4—After a 100 to 1 countdown, relax your eyelids. Concentrate on the feeling. Let this relaxed feeling pass all the way down to your toes. Go to the peaceful place you “saw” at lunch. Repeat to yourself: “Every day I get healthier and wealthier. Every day I get better and better at what I am doing. Every day I am making this world a better place to live in.” End the session by counting from 1 to 5.

Evening 5—Begin with the 100 to 1 countdown. Visualize your favorite place of relaxation. Change the mental picture to your house or apartment building, just the way you saw it after lunch today, from an exterior point of view. Now surround it with a white light. See the whole building surrounded by a brilliant white light. See the light as spiritual light, as love and protection from the other side. End your session.

Summary of Weekly Exercises—Days 1-5

Here is a summary of the first five days. Refer back to the detailed instructions if you need to refresh your memory.

These first five days provide the initial experience of relaxing the body and mind and teach you the valuable technique of mental picturing. As this procedure becomes more natural to you, you will get better at it. You will be able to apply the simple, two-part formula (relax + picture) to obtain help from the other side. During the next five days, the process get shorter, and you get better and better.

DAY 1

- MORNING
Count backward 100 to 1
Affirm “deeper, faster”
End session 1 to 5
- NOON
Count backward 100 to 1
Visualize green watermelon
End session 1 to 5
- NIGHT
Count backward 100 to 1
Do progressive relaxation
Visualize watermelon, lemon, onion
End session 1 to 5

DAY 2

- MORNING
Count backward 100 to 1
Affirm “deeper faster,”
End session 1 to 5
- NOON
Count backward 100 to 1
Visualize yourself
End session 1 to 5
- NIGHT
Count backward 100 to 1
Step up progressive relaxation
Visualize yourself youthful and radiant
End session 1 to 5

DAY 3

- MORNING
Count backward 100 to 1
Affirm “deeper, faster”
End session 1 to 5
- NOON
Count backward 100 to 1
Visualize another person
End session 1 to 5
- NIGHT
Count backward 100 to 1
Step up progressive relaxation
Visualize another person and forgive
End session 1 to 5

DAY 4

- MORNING
Count backward 100 to 1
Affirm “deeper, faster”
End session 1 to 5
- NOON
Count backward 100 to 1
Visualize peaceful place
End session 1 to 5
- NIGHT
Count backward 100 to 1
Relax eyelids
Visualize peaceful place
Mentally repeat positive affirmation
End session 1 to 5

DAY 5

- MORNING
Count backward 100 to 1
Affirm “deeper, faster”
End session 1 to 5
- NOON
Count backward 100 to 1
Visualize home exterior
End session 1 to 5
- NIGHT
Count backward 100 to 1
Visualize peaceful place
Surround home in white light
End session 1 to 5

Chapter 4 - Improving Contact with the Other Side

Bill jumped the gun. He was taking the Silva training course in Texas. He had an oil well on his property that was running dry. So Bill relaxed to a deep alpha level and used a Silva technique to ask where to drill to find another productive well. He received an impression of where this was. He called in his crew and told them where to drill. As Bill left to finish his Silva training, they went to work. After Bill had completed the training at the end of that day, he discovered that the crew had drilled so deep that it was impractical to drill any farther; they'd quit and gone home. No oil.

Bill was furious. He called up his lecturer and told him of the failure.

"You did not wait until the training was over," the lecturer reminded him.

"I know. But I was anxious to locate oil."

"Wait a minute," replied the lecturer. As Bill waited on the phone, the lecturer went to his deep alpha and asked where to drill for more oil on this property he had never seen.

"You missed it by 500 feet," he said when he returned to the phone. "Drill 500 feet west of where you drilled yesterday."

Bill ordered the crew back. They drilled where the lecturer had indicated. They quickly struck oil, and it turned out to be the largest strike in the area that year.

The moral here is *not* to phone me to help you. The moral is to do the prescribed exercises conscientiously and completely before using the techniques. Don't jump the gun!

The Most Promising Frontier of All

In a recent letter to members of the Institute for Noetic Sciences, its founder, Dr. Edgar D. Mitchell, an astronaut on the Apollo 14 mission, called the human mind and spirit "the most promising frontier of all." He pointed out that prominent men and women from such diverse fields as psychology, anthropology, neurophysiology, and theoretical physics were being drawn into research on the potential of the human mind.

They are looking into such matters as :

- The role of mental imagery, affirmation, and prayer in stimulating healing.
- Why the daydreams of scientific giants like Einstein yielded scientific breakthroughs.
- The nature of well-documented special capabilities in some people, such as clairvoyance, telepathy, and precognition.

There is no doubt that the multinational exploration of Antarctica is probing an important frontier. NASA's work exploring outer space can also prove of immense benefit to man, but I would argue that the exploration of inner space is indeed the most promising frontier of all. Its promise is not limited to the discovery of new physical resources, as at the South Pole. Its promise goes beyond the discovery of other forms of life in space or the opportunity to colonize our moon or other planets. Its promise is limitless.

What limit can you impose on the other side? If man is able to control his connection to his source, what limit can you impose on man?

According to Mitchell and his colleagues, "There is now overwhelming evidence that the mind is a key controlling factor (if not the key controlling factor) in virtually all disease." Control your mind and you control your health.

The problem with your good health has not been the other side. It has been you—your mind, your worries, your fears, your stress, your negative thoughts.

So when it comes to healing, to your good health, the other side is always on your side.

And good health is only the beginning. The other side intends this to be an affluent planet. Abundance is everywhere. Just as a mental climate of good health produces good health, a mental climate of abundance produces abundance. Don't take credit for it all yourself. Give some of the credit to the other side.

Believing the “Unbelievable”

When the other side enters the physical world to assist in the solution of your right-brain-communicated problem, the results are not always explainable in scientific terms, at least not in the terms of the science we currently know. Scientists now realize that they are not the neutral observers they once thought they were. Every mind involved in a scientific project is a factor affecting the outcome of that project. A scientist's training and experience determine what he can see.

For years scientists used the aperture test to attempt to determine whether light was wave or particle. When a material goes through a small hole, it arrives at the other end in a pattern. If the material is particle, like sand, it forms a conical shape at the other end; if wave, it breaks up into smaller waves. For some scientists, light behaved as a particle, for others like a wave. Each scientist was getting the answer he or she preferred. Call it mind over matter, if you will, but their beliefs and expectations were affecting the way light behaved—or the way they perceived it behaving. Today we know that light can behave as either wave or particle.

For years scientists thought that Action A, happening right here, and Action B over there had to be related, that there could not be action at a distance without some identifiable connecting factor such as light, heat, energy. Today, though not yet explained, action at a distance is accepted as a fact, an observable scientific fact. Disturb an atom here, and it affects an atom over there with no identifiable connecting link.

When we use the mind to contact the other side, we also get results that are difficult, if not impossible, to explain with the science that we know today. Science has made huge strides, but we still have much to learn about this universe.

Here is another believable phenomenon that scientists are forced to believe. The New York Times recently reported that a group of Italian, French, Canadian, and Israeli biologists have proven that a reaction can take place between two solutions even when one of these solutions has been so diluted by water that none of it is left.

One of the most respected and prestigious scientific journals in the world, founded in London over a century ago. *Nature*, published this research report while acknowledging that its editors considered it utterly implausible. They commented, “We are certain that these results must be wrong, but we have been unable to disprove them.”

The second substance was diluted to one part in 10^{120} with 120 zeros after it. That means there could not have been anything left to cause a chemical reaction—but a reaction occurred.

How? Think. Close your eyes, turn them slightly upward, and think how this could be possible. Help from the other side—the most likely response.

Action Plans—Days 6—10

During the second five days, your morning “work gets easier. Your noon relaxation gets more interesting.

And your evening “doing” becomes more productive and practical.

In other words, your three sessions per day over Days 6 through 10 will give you the feeling that you are much closer to going to the alpha level, much closer to activating your brain’s right hemisphere, and much closer to successfully contacting the other side for help.

Even when students of the Silva Method complete the training, I recommend that they go to the alpha level three times a day to stay practiced, attuned, and centered. I also recommend that they stay at the alpha level a few minutes each time, programming, as we call it, for improvements in their own lives and the lives of those near and dear to them. Five minutes at the alpha level is good, 10 minutes is very good, and 15 minutes is excellent.

If you have a health problem, the alpha level can be a therapeutic state. I will give you techniques you can use while at this level to help yourself. Fifteen minutes at the alpha level three times a day can be your best “medicine.”

A life insurance company has reported that four out of five nervous breakdowns begin not with actual stressful events but rather with worry. A similar study at a medical clinic reported that an analysis of the patients showed that 35 percent of the illnesses started with worry.

The exercises on Days 6 through 10 teach you to cancel out worry and replace it with positive, solution-oriented thinking. This benefits every cell and organ in your body and paves the way for a working relationship between you and your source—the other side.

Your morning countdowns will be cut in half, and your noonday repetition of the morning countdown is also reduced so you will have more time available for the more interesting things you’ll do in that time. For instance, some of your noon “doing” will be to visualize things happening the way you want them to happen. You will be programming your mental computer—and, if necessary, the big Computer—to make them happen.

At night you will be asked to practice a deepening technique after your countdown and to either reinforce the noon programming or institute some new, desirable programming. We will now detail the mornings, noon, and evenings, and then summarize each day’s program at the end of the chapter for easy reference.

What to Do in the Morning—Days 6—10

Here is your morning action plan for the second five mornings:

1. On awakening, recline on the pillow.
2. Close your eyes, turn them slightly upward, and count backward slowly from 50 to 1.
3. When you reach the count of 1, say to yourself, “Each time I relax this way, I go deeper, faster.”
4. Then say, “Positive thoughts bring me all the benefits and advantages I desire.”
5. End your session as before, counting from 1 to 5, stopping at 3 to instruct yourself. “When I open my eyes at the count 5, I’ll be wide awake, feeling great.” At count of 5 when you open your eyes, say “I am wide awake, feeling great.”

So, the second five mornings differ from the first five in only two ways: You count from 50 to 1 instead of from 100 to 1. And you add a second statement while at the relaxed level, reminding yourself how positive thinking creates benefits and advantages.

When you complete your 20 days of training, the use of the Silva Method to get help from the other side is simpler and faster than any of these exercises. It will take you just seconds to go to alpha and program for a desired event to take place. After all this practice, you will be able to go instantly to the alpha level.

You no longer need to count backward from 100 during the second five days, instead counting from 50, because you are gradually getting in control of the alpha level.

You have been passing through the alpha level twice daily all of your life, but you are not able to stay there. Although you pass through alpha when awakening in the morning, and again when going to sleep at night, you are not in control of your movement through it. If you were, you could stop and make use of the benefits and advantages of the alpha level.

You are now acquiring that control. During Days 11 through 15, your countdown will 25 to 1. Finally, on Days 16 through 20, your countdown will 5 to 1. This 5 to 1 count will then become your standard method for going to alpha.

Furthermore, you will not have to recline on your bed or even sit in a comfortable chair. You will be able to go to alpha and mentally picture your programming while walking along the sidewalk or driving your car.

What to Do at Noon—Days 6—10

During the first five noons, you enjoyed the process of visualization—“seeing” familiar things with the mind’s eye.

During the next five noons, you will enjoy the process of imagination—“seeing” less familiar faces, things, places with the mind’s eyes.

Visualization and imagination are important for clairvoyance. That is why we will constantly be practicing these two aspects of mental picturing.

What is clairvoyance? The *American Heritage Dictionary of the English Language* offers two definitions: 1. The supposed power to perceive things that are out of the natural range of human senses. 2. Acute intuitive insight or perceptiveness.

In the first, the word “supposed” is used, perhaps a carryover from the days before there was scientific interest in the subject. For many years now, subjects in a government-sponsored research project called “Remote Viewing” have been able to accurately describe scenes chosen at random from thousands of miles away. No “supposed” about it!

I have no argument with the second definition. Yes, clairvoyance is intuitive insight, meaning it is a right-brain, “inner” method of perceiving.

The alpha level, because it activates the right brain, is our clairvoyant connection. We have good reason to believe that this part of our consciousness is at least partly on the other side. It is able to perceive information at a distance and both forward and backward in time. This transcending of time and distance is a characteristic of the other side—the creative realm.

So, as you practice visualization and imagination during the next five days, you are preparing your mind for clairvoyance—for enlisting the help of the other side.

Here is what to do: Sit in a comfortable chair, close your eyes, take a deep breath, and as you exhale relax your body. Turn your eyes slightly upward and count backward from 50 to 1. When you reach the count 1 do the imagination assignments spelled out below for Days 6 through 10. Then end your session as you do in the morning, counting up from 1 to 5, ending with “feeling wide awake and great.”

Day 6—After your countdown, imagine yourself in a beautiful flower garden. “See” the beautiful blossoms. Smell the aroma. As you examine one blossom, “see” a drop of water on it. Notice all the colors of the rainbow in that drop of water. Count up to end the session.

Day 7—After your countdown, imagine a still lake. It is so placid that, as you stand on the edge and look down, you can see your reflection in the water. Look at this reflection and say three words to yourself: I love you. Count up to end the session.

Day 8—After your countdown, imagine yourself doing something you have always wished you could do. Enjoy a daydream about being a successful inventor or musician or actor

or author, whatever you have longed to do. See it happen. Feel the fun. Count up to end the session.

Day 9—After your countdown, imagine that you are tasting your favorite foods. Pick a favorite soup, a favorite meat, a favorite salad, and a favorite dessert, or any four or five foods that you really enjoy. With each imaginary taste, remember the flavor and feel the pleasure of the taste as if it were real. Count up to end the session.

Day 10—After your countdown, imagine that it is one hour later than it is. “See” good things happening. Perhaps you make a new friend, or gain a new customer or associate. Perhaps you solve some problem. Play a “mental movie” of this fortuitous imaginary event. Count up to end the session. Then think it over. Is it possible?

What to Do at Night—Evenings 6—10

During the next five nights, you will be paving the way for your dreams to go to work for you. You will do your evening practice in bed before going to sleep. Have a pen and paper under your pillow or near your bed as part of your practice so you will be able to record your dreams.

Here is the procedure: After retiring, close your eyes, take a deep breath, turn your eyes slightly upward, and count backward from 50 to 1. When you reach the count of 1, take a deep breath and as you exhale relax your body from head to toes. Next, say to yourself mentally, “I want to remember a dream, and I am going to remember a dream.” Do not count up, feeling wide awake, as you usually do. Permit yourself to fall asleep. You will awaken at night or in the morning with a recollection of a dream. Write the main theme down immediately.

So often when we wake up at night and remember a dream, we say, “I’ll never forget that one.” But in the morning it is gone. We will be examining these dreams later, so capture them on paper.

You may already have been remembering a dream or even more than one dream. That’s fine. Do this exercise anyhow, as it gets that process more under your control.

For two nights, you will ask to remember just one dream. For the following three nights, you will ask to remember more than one dream; and it is hoped as you progress, that you will remember all of your dreams.

Evenings 6 and 7—When you have counted down from 50 to 1, relax your eyelids as before. Then say to yourself, “I want to remember a dream, and I am going to remember a dream.” Go to sleep. When you awaken, write down your dream.

Evenings 8, 9, and 10—Do as above, but this time say to yourself, “I want to remember my dreams, and I am going to remember my dreams,” Whenever you awaken during the night or in the morning with a memory of a dream, write it down.

Should you be prone to nightmares and should one occur either during this training period or afterward, when you awake in the morning and do your countdown, at the alpha level mentally say to yourself, “I had this nightmare. I don’t like it. I don’t want to ever have it again. I will not ever have it again.” You are in control. You can turn on wanted dreams and turn off unwanted dreams.

How to Make Sense of Your Dreams

Detractors of dreams say they are probably the discharge of unneeded material by brain neurons—a sort of housecleaning. If so, why would this so-called mental garbage feed back through memory and be restored? Brain neurons are smarter than that.

Dreams deserve our attention, or we would not be able to remember them. They must have a purpose. If we assume that they have a purpose—as do precognitive dreams and problem-solving dreams—what can that purpose be?

The top priority of our brain neurons is to ensure survival—individual survival and human race survival.

If you look at your dreams from that point of view, you might hit the jackpot. Your brain neurons, through the dream mechanism, may very well be holding a mirror up to you and saying, in the effect, “Look how you are reacting. This is stressful. You are hurting yourself, shortening your life. Correction in attitude is needed.”

That is why you should pay attention to dreams.

What are they really saying that can give you insight into possible stressful behavior? Sometimes it is helpful to assume that everybody in the dream is a facet of yourself. Neighbor, brother, father, dog—could they be your neighborliness, your fraternal nature paternal nature, animal nature? Consider which sides are in need of more positive control.

At the end of this second period, you will have a record of five nights of dreams. Look them over. What insights do they provide? If a particular dream remains a question mark, count down from 50 to 1, deepen your relaxation with a visit to your favorite place of relaxation, and while there muse about the dream. Play it back. Ask for the meaning of it. Your mind will respond. Possible answers will come. You could come up with a life-extending insight.

Summary of Weekly Exercises—Days 6—10

Here is a quick summary of what to do morning, noon, and night of Days 6 through 10. Remember to keep your eyes closed and turned slightly upward.

DAY 6
• <u>MORNING</u> Countdown backward 50 to 1 Affirm “deeper, faster” Affirm “positive thoughts” End session 1 to 5 • <u>NOON</u> Countdown backward 50 to 1 Flower garden Rainbow colors End session 1 to 5 • <u>NIGHT</u> Count backward 50 to 1 “I want to remember a dream” Write it down

DAY 7

- MORNING
Count backward 50 to 1
Affirm “deeper, faster”
Affirm “positive thoughts”
End session 1 to 5
- NOON
Count backward 50 to 1
Still lake
“I love you”
End session 1 to 5
- NIGHT
Count backward 50 to 1
“I want to remember a dream”
Write it down

DAY 8

- MORNING
Count backward 50 to 1
Affirm “deeper, faster”
Affirm “positive thoughts”
End session 1 to 5
- NOON
Count backward 50 to 1
Success daydream
Feel good about it
End session 1 to 5
- NIGHT
Count backward 50 to 1
“I want to remember my dreams”
Write them down

DAY 9

- MORNING
Count backward 50 to 1
Affirm “deeper, faster”
Affirm “positive thoughts”
End session 1 to 5
- NOON
Count backward 50 to 1
Taste favorite foods
Make it real
End session 1 to 5
- NIGHT
Count backward 50 to 1
“I want to remember my dreams”
Write them down

DAY 10

- MORNING
Count backward 50 to 1
Affirm “deeper, faster”
Affirm “positive thoughts”
End session 1 to 5
- NOON
Count backward 50 to 1
Move clock forward one hour
See good things happen
End session 1 to 5
- NIGHT
Count backward 50 to 1
“I want to remember my dreams”
Write them down

You are now at the halfway point. The ability to contact the creative realm of Higher Intelligence is available to you. By remembering dreams, you are setting the stage for getting help from the other side.

In the next five days, you will draw closer still to being able to tap the creative realm and its Higher Intelligence at will.

Becoming All You Can Be

It's important to remember that night dreams are only the beginning. Your mind is under your control day and night; it is your access to magnificence. Daydreams will open you to brand new horizons and night dreams will bring understanding;

The Silva Method, which you are now acquiring, gives you that mind control. As you use the Silva Method, you begin to realize who you really are and you begin to understand the support you have from the other side

Up until now, you have underestimated who you are. You have believed the put-downs of your parents and teachers and neighbors and employers and bankers. You have accepted yourself as having limited intelligence, limited skills, limited abilities. You see yourself as worth of only limited love, limited money, limited responsibility.

The way you see yourself is called our self-image. This limited picture of yourself can act as a prison; it is a prison of your own making. You will never be better than you think you can be. Most people live their entire lives in this prison. But not you. Any page now, you will find that your prison door was never locked, and that you walk out into a new life of limitless enjoyment.

As your abilities unfold in the days ahead, you will learn to give yourself permission to leave that old self-image prison. You must be willing to admit that you have access to power you have long underestimated. And you must be willing to use this power and its awesome abilities. You will help others to awaken to their fullest being, too. Your family will benefit. Your colleagues at work will benefit. You will transform the world around you.

"Not me," you may still be saying. "I've heard of such success stories; it may happen to some, but never to me."

You are right. As long as you say no, it will not happen to you. You are keeping the prison door locked. You are saying to yourself, "Stick with the status quo." And you are stuck with it.

Think about saying yes. What could it be like to be smarter, even a genius? What could it be like to be able to use your mind to keep yourself well? What could it be like to have more abundance? What could it be like to be better connected to the Creator and to manifest more creativity? What could it be like to get help from the creative realm when you need it?

If you could know what it would be like, you could not possibly say no. You would have to say yes.

Once you say yes, you can make it happen.

The Creative Channel

What would you be like if you said "yes" and became a better creative channel? Do you know anybody who is?

One way to recognize such people is that they are warm and caring. They have a quiet wisdom. They do what they like doing. They inspire others. They find enjoyment in life.

Would you like to "see" yourself as you would be after you've said yes to your fullest abilities? In a moment I will give you that chance. First, read these instructions:

1. Set a temporary priority. Which of the following is most important to you right now?
A) Abundance B) Love C) Health
2. Do the exercise below for the priority you have just selected. Note that there is a section on love for singles and a separate one for married readers.
3. When you complete the exercise, open your eyes, read the final section called “Loving Your World,” and then put the book down again and practice that exercise.

Creating Abundance

Count down from whatever point you have reached in your practice sessions, 100 to 1 or 50 to 1, with your eyes closed and turned slightly upward. Play a mental movie. You write the script—it is about you and your family. You have everything you need, and if a new need arises, it is quickly supplied. Get into the mental movie. How do you feel being able to do what you want to do, and having everything you need to do it? End your session counting from 1 to 5, feeling great. Now put this book down and play your movie.

Finding Love (single readers)

Count down from whatever point you have reached in your practice sessions, 100 to 1 or 50 to 1, with your eyes closed and turned slightly upward. Play a mental movie. You are alone. You do not want to be alone. You are searching for someone you can love and who will love you—somebody with whom you can live your life. Suddenly that person appears in front of you. You look into each other’s eyes. You both feel ecstatic at having found each other. End your session counting from 1 to 5, feeling great. Now put this book down and do the exercise.

Finding Love (married readers)

Count down from whatever point you have reached in your practice sessions, 100 to 1 or 50 to 1, with your eyes closed and turned slightly upward. Play a mental movie. You and your spouse are sitting reading. You do not have much to say to each other. That is the way it has been for a while. Suddenly, you look at each other. You both smile, put down your books, get up, and move toward each other. You look into each other’s eyes. All past misunderstandings and differences melt away. It is as if you are seeing each other for the first time. It is the beginning of renewed marital bliss. End your session counting from 1 to 5, feeling great. Now put the book down and do the exercise.

Creating Health

Count down from whatever point you have reached in your practice sessions, 100 to 1 or 50 to 1, with your eyes closed and turned slightly upward. Play a mental movie. See yourself and imagine yourself also as a doctor. You are playing both roles. Watch as you fix yourself up. See yourself responding to the treatment, no matter what it is. See yourself losing any health problems that may have been troubling you. See yourself vigorous, younger, and radiant with good health. End your session counting from 1 to 5, feeling great. Now put the book down and do the exercise.

Loving Your World

Count down from whatever point you have reached in your practice sessions, 100 to 1 or 50 to 1, with your eyes closed and turned slightly upward. See the room you are in, as if you were at the ceiling looking down. Go higher and imagine that you are looking down at your house or building. It feels good. Let your imagination soar. You can see the whole town, the whole state, the whole country. Allow your imagination to embrace the whole planet, the whole solar system, the whole galaxy, all of space. Feel love for space. Feel space love you. Bring that love back to Earth, back to your town, back to the room you are sitting in. End your session counting from 1 to 5, feeling great. Now put the book down and do the exercise.

Do you say yes to life? Get ready for some blessings, as life says yes to you.

Chapter 5 - Helpful Hints About the Other Side

In our Silva Mind Control training course, each student is given a precise methodology to produce an imaginary “counselor” to help him or her solve problems while working at the creative level.

It all started when one of my daughters, six years old at the time, was attempting to heal a woman who had telephoned me for help. My daughter, in the midst of her reverie, looked perturbed.

“What’s wrong, dear?” I asked.

“Her eyes are so big, she scares me,” was the reply.

“Snap the fingers of your left hand, and she will get smaller,” I instructed. A moment later, she continued her effort to heal the woman. Now she was all smiles.

“What’s happening now, dear?” I asked.

“She’s like a doll,” replied my daughter. “She doesn’t frighten me anymore.”

I thought about that. What if I had not been present? Maybe youngsters should have an imaginary adult in the imaginary laboratory, not as a baby-sitter but to help out when necessary. And maybe adults should have one, too.

I decided to have my students invite or create an adult counselor, and it worked out splendidly. Each would ask this imaginary adult for advice on how to solve health problems when working on a “case.” Answers came. Not audibly, apparently, but via their own intelligence, as if they were making them up. It just came to them what to do.

I felt really good about the whole idea. One day I asked one of my young sons when he was at his alpha level working on a case in his “laboratory,” “Ask your counselor what he thinks of my idea to create him.”

Quick as a wink my son replied, “He says, what makes you think it was your idea in the first place?”

Not exactly a small boy’s reaction.

Today, 8 million Silva Method graduates have imaginary counselors. Imaginary helpers who help put us in touch with our other side.

Choosing Your Counselors

Trainees can pick their own counselors. It could be anybody now living or passed on; it could be a relative, a friend, a person in history or in religion; it could be an imaginary character. Once you have completed your tenth day of exercises, you can create counselors to assist you. You will do this by going to your favorite place of relaxation and inviting the people you wish to be your counselors to join you there. From then on, anytime you wish to get help from your counselors, go to the favorite place of relaxation used in your exercises and your counselors will be waiting for you.

I recommend choosing both a male counselors and a female counselor so that you get a broad range of help and advice. While researching the training with the help of my own children, I started my students with only one counselor. But then a male counselor refused to help with a female health problem. He was embarrassed. Since then, we have recommended that each trainee have two counselors, one male and one female.

I will now give you instructions for creating your counselors. I am assuming that your exercises have kept up with your reading and you have completed the tenth day. But you may postpone the creation of your counselors until later if you wish, until you refine the techniques you have already learned first.

Start thinking now about whom you want your counselors to be. Imagine what you want them to look like, if they are imaginary persons. Real or imaginary, you are going to create them; they will be the result of mental picturing. As such, they are not physical, so they help to connect us to the nonphysical—the other side. Little wonder that often when we ask a counselor for an answer, the answer that comes is genius like. It comes from that Higher Intelligence that we tap when we relax and use mental picturing.

Even if you pick your younger brother as your counselor, he will prove to be a genius in the way he provides answers when you ask him for help. The counselors, being a bridge to the other side, are therefore geniuses, no matter who they are.

How do the answers come? When you are at a deeply relaxed level, go to your favorite place of relaxation, and ask your counselor a question, no voice answers like thunder from the sky. The answer does not come audibly. It comes mentally. After you ask your question, you start to figure out the answer yourself. An answer comes, as if by mental telepathy from your counselor.

Creating Your Counselors

Create your male counselor first. You can do so in a sitting position.

1. Close your eyes, turn them slightly upward, and count backward from 50 to 1.
2. Deepen your relaxation with the short progressive relaxation techniques.
3. Go mentally to your favorite place of relaxation.
4. Invite your male counselor to join you here. See him arrive. Create him. Imagine he is there. Thank him for coming.
5. Every time you go to this peaceful place and ask for your counselor's help, he will be there. Always thank your counselor sincerely when help is received. Thank him now for being there.
6. End your session by counting up from 1 to 5, reminding yourself before you start the count, at the count of 3, and again when you reach 5 that when you open your eyes you will be wide awake, feeling great.

After you complete your session, you can go right back down again and create your female counselor by following the same procedure.

Using Your Counselors

You will not be using these counselors until further training is completed and you have developed contact with the other side. When you use the contact in Part II, you will have opportunities to take advantage of these geniuses.

To do so, you will go to your alpha level—it will be a much shorter procedure then—and you will go to your peaceful place and invite one of your counselors to join you. You will then ask your counselor for the answer to your question. You will start thinking about the problem, and the answer you seek will come to mind.

Edna G. created a male counselor by visualizing an English professor she's had at university. He proved helpful with all kinds of problems, not just those within his area of expertise.

Victor H. created a female counselor by imagining Florence Nightingale. She provided valuable assistance not only in health cases, but in solving money and human relationship problems too.

Barbara B. chose me as her male counselor. Scores of others have done the same. I am sure my super-conscious is lending itself as a channel to Higher Intelligence at all times of the day and night, but this does not interfere in any way with my own conscious mental functioning.

Others have chosen Einstein, Buddha, Christopher Columbus, Jesus, Benjamin Franklin, and on and on. Female counselors have included Madame Curie, Carry Nation, The Virgin Mary, Golda Meir, and hundreds of others.

Of course, friends, and relatives, dead or alive, can be counselors, too. The fact that they are alive in no way diminishes their connection to the other side. Alive, we are all connected to spiritual world. Deceased, we are in the spiritual world. Either way, we are detecting information hidden from the physical senses. Think of the vast amount of information this could include. It is information acquired by intelligences on other planets, in other solar systems, in other galaxies, even possibly in invisible systems on this planet.

What to Do in the Morning—Days 11-15

During the third sequence of five days, your morning “work” becomes still easier. Now you count backward from 25 to 1. You will get just as deeply relaxed with this shorter countdown as you did counting backward the first five days from 100 to 1 and the second five days from 50 to 1, and probably even more so.

Your body and mind are learning to relax. You need less and less time to count down. Since the countdown is the triggering factor, you will always need a countdown, but on Mornings 16 to 20, you will use 5 to 1. You will continue to use 5 to 1 after that. It will become your standard method of entering alpha.

Your morning action plan for the third five morning (Days 11 – 15) is the same as for the second five mornings (Days 6 – 10), except for the reduced count.

To summarize:

1. Recline on your bed.
2. Close your eyes, turn them slightly upward, and count backward slowly from 25 to 1.
3. Repeat: “Each time I relax this way, I go deeper, faster.”
4. “Positive thoughts bring me all the benefits and advantages I desire.”
5. “One two, three...when I open eyes at the count of five, I’ll be wide awake, feeling great!”
6. “Four, five.” Eyes open. “I am wide awake, feeling, great!”

You will be going deeper during these five days, and doing so in less time. It therefore becomes all the more important for you to emphasize the mental assertion that you make twice when coming out, at the count of 3 and again when you open your eyes at the count of 5: “Wide awake, feeling great!”

Note that we now use an exclamation point after this statement. That is because you need to put more “punch” into it, more emphasis. Because you are deeper into alpha, it takes this extra emphasis on being wide awake to bring you all the way back to beta.

If you don’t make it all the way back, there is no danger—that is, no more danger than when you get up in the morning not quite fully awake. Lots of yawning! “Another cup of coffee, please.”

What to Do at Noon—Days 11–15

Somewhere in your bedroom are little pieces of paper or pad where your dreams of the past five nights are recorded (Evenings 6 through 10). They are going to make interesting reading for you during the next five lunch hours, as part of your “doing.”

Whenever we go to the alpha level, we are more creative. This is demonstrated by one of our Silva lecturers in his classroom activity. He has students write whatever sentence or phrase comes to mind. Then he has them go to alpha, open their eyes, and again write anything that pops into their heads.

The class then listens to each student read his or her two sentences without identifying which was written at alpha. The class almost always correctly identifies the alpha writing. What is written at alpha is usually more philosophical. It contains more wisdom and creativity. It is usually deeper in its meaning than what is written at beta.

You will now use this added wisdom and creativity at alpha to help you become a better dream interpreter. You will read over your dreams at beta, select a few that attract your attention, and then read those again at alpha.

You will be practicing right-brain usage and at the same time possibly gaining some valuable insight about yourself. Here is the procedure for the next five days at lunch:

Day 11—Collect all that you wrote about your dreams in the past five days and make sure you have it all with you for your after-lunch sessions. For this first noon session, go to your level with a 25 to 1 countdown, eyes turned upward slightly; when you reach the count of 1, tell yourself mentally, “I am going to open my eyes and read about my dreams. I will have perfect concentration and enhanced awareness as I seek to detect some main element or theme that might be contained in more than one dream.” You do not have to count up to end the session, as you will drift out of alpha while studying your notes. Write down the theme you identify.

Day 12—Go to your alpha level with the 25 to 1 countdown. Open your eyes and pick out the dreams that come closest to having the theme you identified yesterday. If you feel you are still too relaxed when this is done, count up.

Day 13—Pick out a dream that you identified yesterday as having the common theme. Reread it. Go to your alpha level with the 25 to 1 countdown. Go over the main features of the dream as if it were a movie you are playing back. When it is over, keep it going. What might happen next? End your session with the 1 to 5 count, and write down your additions to the dream and any new insights they bring.

Day 14—Read the insights you recorded the day before. Go to your alpha level with the 25 to 1 countdown. Muse about these insights regarding your behavior, attitudes, or emotions. What changes or corrections are valid and possible for you to make? End your session with the 1 to 5 count, and immediately list the changes you contemplated at alpha.

Day 15—Read the changes you listed yesterday. Select one. Go to alpha counting 25 to 1. See yourself with the unwanted trait you’ve identified. Now do something to make it disappear. Wash it away. Blow it away. Erase it. Now see yourself better than ever. End your session.

A word is in order about recurring dreams or recurring themes in different dreams. An example of the latter might be a sequence of dreams beginning with one in which you are on a train but there is a problem. The train is not moving. A few nights later, you might dream that you are going to horseback riding, but the horse either will not go or does not obey your tugs on the reins. Another dream with the same theme could be that you are in hurry, but your legs refuse to move fast.

These would all be dreams that indicate some matter that is causing you stress. In this case, it is probably something having to do with your progress.

Your five noon exercises, Days 11 to 15 have been valuable introductions to yourself via your dreams.

You will soon be getting along with yourself better than ever.

What to Do at Night—Evenings 11-15

When you activate your right brain hemisphere, it helps to know how to use it.

You may want to time your reading of the second half of this book to begin after your 20 days of practice have been completed and you are indeed able to go to the alpha level, stay there, and use your right brain. If your interest demands that you continue reading, that's fine, but postpone doing any of the problem-solving, money-attracting, life-enhancing procedures in the second half of the book until you have reached Day 20.

These are two more hurdles along the way. We will take care of them during your evening sessions on Days 11 through 15. Both hurdles involve removing obstructions to full right - brain functioning. We have accumulated these obstructions over the years—one set is stored in the body and the other set is stored in the mind.

If you have ever gone through some stressful or traumatic experience, it is largely forgotten with passing time, but not altogether. Your body “remembers” it by holding onto tension in some muscle, tissue, or organ.

Some of the kinds of shocking experiences that get stored by the muscles, tissues, and organs of the body are:

Automobile accident	Loss of job
Death in the family	Serious illness
Business loss	Lawsuit
Theft or robbery	Big disappointment
Assault or other crime	Protracted squabble
Broken agreement	Infidelity

These stored-up negative experiences act as obstacles to the first part of the right – brain activation formula, namely “relax.” They inhibit the delightful letting-go by hanging on.

A number of therapies have been devised aimed at discharging these stored-up tensions, because tensions interfere not only with relaxation, but also with the positive, normal, and healthy functioning of the body.

One of these therapies is rolfing, a deep-tissue approach to massage developed by the late Ida Rolf and now practiced by trained “rolfers” on two continents. The Alexander Technique is another: it is a system of mind-reinforced physical exercises. Ilana Rubenfeld combines several of these therapies with gestalt therapy and her own approaches to create the Rubenfeld Synergy Method.

All of these are proven approaches, but they require a skilled therapist to accomplish the common purpose: release.

The Silva Method lets you help yourself to accomplish this release. Here is how you will do it in the next two evening sessions:

You will relax. You will imagine going inside your body. You will instruct various parts of your body to release unneeded negative memories. I'll be giving you the exact words. Each of the two nights you will “visit” different parts of your body where these tensions are most likely to be stored.

Action Plan—Evenings 11-15

Evening 11—Start in a chair, not in bed. Assume a comfortable sitting position. Go to alpha, counting 25 to 1. Imagine that you are inside your right leg. There is a large muscle there. Say hello to your muscle lovingly like it is the dear friend that it is. Then say authoritatively, “Release all tensions, ligament pressures, and unneeded negative memories, and function in a

normal, healthy manner.” Next, “visit” your left leg. Now, the muscles in both arms. Greet them lovingly and give them the same instructions. Now visit your back muscles and abdominal muscles. Next, visit the neck muscles. After instructing them, add “I call on all the rest of the muscles, ligaments, and tissues in my body to release all tensions, ligament pressures, and unneeded negative memories and function in a normal, healthy manner.” End your session by counting up from 1 to 5.

Evening 12—Do the same as last night, but this time visit your heart, lungs, and liver, giving them each the same instructions. Then visit your intestines, kidneys and reproductive area, giving them each the same instructions. Finally add, “I call on all the rest of the organs, glands, and systems in the body to release all tensions, ligament pressures, and unneeded negative memories and function in a normal, healthy manner.” End your session.

By the end of Evening 12, you will have freed your body of much of the resistance to relaxation that has been invested in it. Now, when you count down, you will indeed go deeper, faster.

Now let’s move on to the set of obstacles to right-brain functioning that is stored in your mind.

Removing Mental Obstacles

The left brain loves conflict, dichotomy, polarity. The right goes behind these differences and sees the oneness.

John W. hated his brother. It was an ongoing feud that was in its fortieth year. Their two families lived in the same town, so the bad feelings were kindled frequently.

John took the Silva training, but found it difficult to relax and even more difficult to create solutions through relaxed mental picturing. He decided to recycle through the training, which is a free privilege granted to all Silva graduates. During lunch, he told the lecturer that he was not satisfied with his results and that was why he was recycling.

“I program for a perfect day but it never comes,” John complained.

“Anything bothering you?” asked the lecturer.

“Not a thing in the world.” John replied.

“Money problems?”

“No, business is great.”

“Health?”

“Never felt better in my life.”

“Love life?”

“Couldn’t be better.”

“Peace of mind?”

“What exactly is peace of mind?” John asked.

“It’s when you are at peace with everybody and everything in your life,” offered the lecturer.

“Sure, I have peace of mind,” John replied, then added as an afterthought, “With one exception.”

“It takes only one stone to ripple the waters,” remarked the lecturer. “What’s the exception?”

John started lambasting his brother. The lecturer quickly interrupted, explaining how any negative attitude toward another person anchors the brain to the left hemisphere by its divisiveness.

“The right brain functions on level where we are all together—in the superconscious or collective unconscious. Any persistent feeling of separation prevents the necessary feeling of togetherness,” the lecturer said.

“So, what do I do?” John asked in a suspicious tone.

“Forgive him”

“Never!” John stiffened visibly. “Not that bum.”

The lecturer patiently explained that John’s brother was only behaving as he was programmed to behave. It did not matter what this programming was; the brother was behaving in a way he thought was right. John’s unwillingness to let bygones be bygones was not hurting the brother; it was hurting John, and could eventually erode John’s health and shorten his life.

“So what do you want me to do?” John asked again.

“It’s not what I want. Here’s what you want yourself to do.”

The lecturer then explained the procedure: John would go to his alpha level, visualize his favorite place of relaxation, invite his brother to join him there, imagine his brother arriving, and then forgive his brother through subjective communication and ask to be forgiven by his brother.

“Feel the forgiveness being given and received,” urged the lecturer. “Mentally embrace your brother. End your session. Feel the difference, and see how it releases help from the other side.”

John did it on the spot, right after lunch.

A few days later he phoned the lecturer. “I programmed for a perfect day and just had exactly that,” he reported.

A month later, for the first time in years, his brother phoned John. He invited John and his family to his daughter’s wedding. It turned out to be an objective repetition of the subjective action.

What we create in the subjective realm with our imagination manifests itself in the physical realm as reality.

Mental Housecleaning

Any negative emotion retained for any length of time can block help from the other side by interfering with effective right-brain functioning. Some of these negative emotions are:

Jealousy	Hatred	Animosity	Frustration
Disgust	Blame	Resentment	Rejection
Suspicion	Bitterness	Revenge	Rivalry
Anger	Indignation	Fear	

Actually, all of these feelings need to be replaced by one single emotion. Love. However, to go from the negative of hate to the positive of love, you must go through forgiveness.

In the next three evenings, you will subjectively forgive everybody important from your past and in your present. It will change your life.

Here are your action plans for Evenings 13 through 15:

Evening 13—Seated in a comfortable chair, close your eyes, turning them slightly upward, and count backward from 25 to 1. When you reach the count of 1, mentally go to your favorite place of relaxation. One by one, you will invite the people listed below to join you; you will forgive them and ask to be forgiven by them. Feel it happening. See it happening with a handshake or hug. Do this with each, whether deceased or alive:

Paternal Grandfather	Maternal Grandfather
Paternal Grandmother	Maternal Grandmother
Father	Mother
Spouse of love	Sisters
Brothers	Children

End your session counting up from 1 to 5 in the usual way.

Evening 14—This evening you will forgive all auxiliary members of the family, but you will save time by choosing one male cousin, for instance, to “stand in” for all your male cousins, one uncle for all of your uncles, and so on. You will do the same for several categories outside of your family:

One uncle	One in-law, older generation
One aunt	One in-law, same generation
One nephew	One in-law, younger generation
One niece	One male cousin
One female cousin	One friend
One neighbor	One business colleague
One teacher	

Evening 15—We have left an important person in your life for last—yourself. You must love yourself before you can love others. Invite yourself into your favorite place of relaxation as if you were some other person. Forgive yourself for all shortcomings you think you have, all mistakes you think you’ve made, all unpleasant events you think you’ve caused. Hug yourself. End the session by counting up.

Summary of Weekly Exercises—Days 11-16

Here is a summary of what to do morning, noon, and night of Days 11 through 16. Review the more detailed instructions provided in this chapter before you begin each day.

DAY 11
• <u>MORNING</u> Count backward 25 to 1 Affirm “deeper, faster” Affirm “positive thoughts” End 1 to 5 • <u>NOON</u> Count backward 25 to 1 Affirm concentration Read dream notes Identify theme Write it down • <u>NIGHT</u> Use a chair Count backward 25 to 1 Visit each muscle Affirm “Release” Call for general release End 1 to 5

DAY 12

- MORNING
Count backward 25 to 1
Affirm “deeper, faster”
Affirm “positive thoughts”
End 1 to 5
- NOON
Count backward 25 to 1
Affirm concentration
Read dream notes
Select theme dreams
End 1 to 5
- NIGHT
Use a chair
Count backward 25 to 1
Visit vital organs and digestive tract
Affirm to each “Release”
Call for general release
End session 1 to 5

DAY 13

- MORNING
Count backward 25 to 1
Affirm “deeper, faster”
Affirm “positive thoughts”
End session 1 to 5
- NOON
Select best theme dream
Count backward 25 to 1
Play back dream
Keep it going
End session 1 to 5
Write down insights
- NIGHT
Use a chair
Count backward 25 to 1
Go to peaceful place
Forgive specific family members
End session 1 to 5

DAY 14

- MORNING
Count backward 25 to 1
Affirm “deeper, faster”
Affirm “positive thoughts”
End session 1 to 5
- NOON
Read written insight
Count backward 25 to 1
Muse about insight
What behavioral changes are indicated
End session 1 to 5
Write changes down
- NIGHT
Use a chair
Count backward 25 to 1
Go to peaceful place
Forgive stand-ins
End session 1 to 5

DAY 15

- MORNING
Count backward 25 to 1
Affirm “deeper, faster”
Affirm “positive thoughts”
End session 1 to 5
- NOON
Read changes indicated
Count backward 25 to 1
See unwanted trait
Make it disappear
See yourself changed
End session 1 to 5
- NIGHT
Use a chair
Count backward 25 to 1
Go to peaceful place
Forgive yourself
End session 1 to 5

During the past five days, you have not only practiced, you have also opened yourself up to the other side by helping to rid yourself of resistance both physical and mental. Now you are ready to complete the contact.

In the next chapter, you will be given instructions on how to complete the training.

Chapter 6 - Getting Answers from the Other Side

This chapter contains instruction for the final five days of “doing” in order to be able to contact the other side. These last five days complete the 20 days of self-training. If you have been conscientious about your “doing” you will have acquired the ability to slow your brain waves to the alpha frequency level by closing your eyes, taking a deep breath, turning your eyes slightly upward, and counting backward from 5 to 1. In other words, you will be able to activate your right brain hemisphere in less time than it takes to read this paragraph.

With the right brain active, you are in closer touch with the other side. Your call for assistance is better “heard” by the other side and the help that comes from the other side is better “heard” by you.

During these last five days of “doing,” you will begin to use the alpha level for benefits. These may not be the dramatic life-vaulting benefits that are possible for you later, but you have to crawl before you walk, before you run.

One reason the benefits will start immediately is that you have now begun to use more of your mind. When something like a stroke were to impair the use of part of your brain, you would be hindered in some ways. Similarly, by “doing,” something that enhances the use of the brain, you will be helped.

Much of the average person’s thinking is negative—worry, dwelling on conflict, concern over deprivation. We are punished by this kind of thinking. We acquire more to worry about; we become involved in more conflict; we are more deprived. Negative thinking feeds on negative thinking because it throttles creativity and invites destructiveness into our lives. Instead of progressing, we regress. That is our punishment—a certain result of negative thinking. You might say the punishment is practically automatic. But the good news is that when you begin to use more of your mind for positive thinking, the rewards can be automatic, too.

The Power of Positive Mental Pictures

Carl Simonton, while an oncologist at Travis Air Force Base in California, adapted the Silva Method to help his patients learn to relax and picture their immune systems so that they could successfully fight their cancer. The results were so dramatic that when Simonton left the Air Force and returned to private practice in Texas, scores of people with cancer traveled from all parts of the country to benefit from his method.

Simonton provided an orientation for his patients when they arrived, so that they would know what the method entailed. When these cancer patients learned from this orientation that they themselves would have to participate in their own cure, most of them went home. They were not ready to take responsibility for their own lives.

Are you ready to take responsibility for your life? Are you ready to take more of your mind under your purposeful control? Are you ready for heaven on earth?

The power behind mental pictures is the creative power that manifested this universe and that is still at work—partially, at least, through you. You are on a creative team. True, you are only one member of a rather large team, but what happens to a member of a team who decides to go out on his own? The assembly-line worker gets “sat on” by the boss. The football player gets thrown by the tacklers. The politician does not get reelected.

Mental pictures can be destructive, too. When thoughts become destructive, they bring about destructive events.

Arthur W. was a hypochondriac. He thought he was sick with this and sick with that. He often was. He developed real symptoms and required constant medical care. Then he heard about the Silva Method. He took the training, learning on the very first day the cause of his health

problems—his destructive thinking. By the fourth day of training, every symptom had disappeared.

Genevieve L. feared for her life. The more she read about crime and violence in the newspapers and the more she watched it on TV, the more frightened she became. She was a nervous wreck. Then one day a friend gave Genevieve a copy of *The Silva Mind Control Method for Business Managers*. She realized what her negative mental pictures could eventually do: attract exactly what she wished to avoid. She changed her thinking, and her life went from stormy to sunny.

A 747 jet was about to land in Honolulu. But the pilot could not get the wheels down—the landing gear was stuck. He told the control tower of his predicament. They had him circle the airport until emergency vehicles could cover the runway with foam and stand by to offer help. After the plane skidded to a stop, slides were positioned and more than 200 passengers and crew evacuated the plane by sliding down the chutes. There were no injuries, nor was there serious damage to the plane.

One passenger told a newspaper reporter that the movie shown on that trip was about just such an incident—in the movie, a plane's landing gear became locked. After the story was printed, a letter to the editor appeared posing the question, "Could 200 relaxed minds visualizing a defective landing gear have caused it to really happen?"

You do not have to be Uri Geller to answer yes!

Accessing Intuition

Another mental faculty to which we all lay claim is also more accurately attributed to the other side: it is called intuition.

Intuition is defined as the faculty of knowing without the use of rational processes. Rational processes are left-brain processes. Intuition is, by definition, right-brain knowing. The only way the right brain can know something that the left brain does not is if it comes from the other side. Intuition is, therefore, intelligence provided to us by the other side.

Everyone has some intuitive capability even if they have not activated the right hemisphere through some conscious control of the mind. The right brain is not totally asleep; it is functioning all the time, albeit at only a fraction of its capability.

The other side has access to our intelligence; it can, in a limited way, get through to us. When we are busy in this material world at the beta frequency, our brain does a remarkable thing: it zips into alpha every couple of seconds for a microsecond or so. There is no concrete explanation known, but it could be that the other side is accessing our intelligence.

A fraction of a second is enough time for flashes of insight, creativity, or intuition. But the big problem is that these creative flashes usually remain below the conscious level. Alpha permits our conscious mind to communicate with our subconscious, when we are in control of alpha. That control makes it necessary to change our terms. The subconscious, no longer "sub" or below the level of consciousness, is more accurately called the "inner conscious." We are better able to get information out and put information in (programming).

Another obstacle to getting that microsecond's input of intuition into conscious awareness is the left brain, which often overrides what the right brain tells us. Remember, the two hemispheres are connected. They "talk" to each other. In fact, there are as many connecting paths between the two hemispheres as there are telephones on earth. The left brain "hears" right-brain input, but then proceeds to ignore it. Your 20 days of "doing" put these two hemispheres on a more equal footing.

To Be Like a Little Child

When the fetus is in the womb, its brain is already emitting brain waves. These brain waves are at delta frequency, from one half to four pulsations per second. These delta pulsations continue after the child is born and remain dominant until the child is about four. This is the period during which the child is beginning to learn the use of the physical senses—first touch, then taste and smell, followed by sound and sight.

By age 4, the brain waves have speeded up slightly until theta becomes the dominant frequency. The child's mind functions inductively at this stage. It is said that by this time the child has learned three-quarters of all that he will use the rest of his life. From approximately the age 7 until the age of 14, the child can be said to be at alpha, as by now his dominant brain frequencies have accelerated to the 7 to 14 cycles per second range and the mind functions deductively. The child is now imaginative, inventive and creative. The impressions put into his brain cells are now combined in different ways. He solves problems, has imaginary playmates, and comes up with ideas that often surprise his parents.

Some children are psychic. They know things they have no way of knowing. Some see auras.

"How did you know Aunt Emily was coming to day?" a startled parent may ask.

"I just guessed," answers the child.

When I tested my own children with what later became the Silva Mind Control Method, I was basically trying to make them better students and enable them to get higher marks in school, so I asked them questions on what they were studying in school. On occasion they would answer a question I was going to ask before I had a chance to ask it.

"Why did you answer that question? I did not ask it," I'd say.

"I just guessed you were going to ask it" was always the reply.

By activating the right brain, youngsters became intuitive.

Another definition of intuition is the ability to guess accurately. When we are intuitive, it is like somebody is telling us what to do. The right brain acts like a radio receiver, and we get the message loud and clear.

Of course, the information that comes intuitively has nothing to do with guessing. It comes via our connection to a larger intelligence than our own. It merely feels like we guessed it. That is often the feeling of intuition.

Unfortunately, children begin to function predominantly at beta—14 to 21 cycles per second—when they reach about 14 years of age and go through puberty. The focus now is on controlling the external environment (left brain) and becoming more reasonable, logical, and analytical (left brain).

Intuition After Silva Training

Silva graduates are like children. Their brains put out more alpha frequencies. They do not have to count backward to be intuitive, because their thinking has become centered. Silva graduates automatically defocus their eyes and turn them slightly upward in solving problems. Even when the person is not solving problems, the left brain and right brain cooperate better.

Bob S., a Silva lecturer, was teaching at a conference in another city. He decided to rest in his hotel room during lunch break, as it was only a few floors above the lecturer room. When he stretched out on his bed, an alarming thought came to him: Something is happening to my lecturer's manual.

Without the manual, there could be no class. He jumped up, dashed out of the room, summoned the elevator, and went down to the lecture room. The manual was not on the lectern where he had left it!

He hurriedly left the room, asking himself where it was. He found himself walking along the hotel corridor, turning a corner, and stopping in front of an office—the hotel’s office to assist businessmen. He walked in. There was a secretary behind a desk at the back of the room. He walked back to where she was seated. Behind her was a copy machine. In the machine was his Silva lecture manual!

“That’s my book,” he said.

Just then, one of his students walked in. Seeing Bob, he turned pale, admitted blame, and apologized for taking the manual.

“I now believe in ESP,” the student said. “I just saw it happen.”

Bob S. did not have to go alpha level to have this experience. His right brain was naturally active as a result of the Silva training.

A Silva graduate will often get an urge to telephone somebody, and then find out that that person needed to see him. Others get urges to drive by a different route from the one they were planning to take, and subsequently find that there was a mishap or accident that would have delayed them had they taken the original route. There are countless “coincidences” and multifarious “serendipities” that happen without the person going to alpha. Alpha comes to you—naturally.

Some intelligence out there is certainly at work. That intelligence has always been at work for you. But imperfect communications have prevented you from receiving the benefits. Everybody is intuitive, but the tiny voice of intuition is inaudible to most people, those who are eccentric in their thinking. When their thinking becomes centered, the voice of intuition is more easily “heard.”

Centering Your Thinking

Days 16 to 20 provide mental exercises to do morning, noon, and night that will enable you to control both brain hemispheres.

“What happens then?” you ask.

“You get centered in your thinking,” I reply.

“How does that help me?” might be your next question.

“You become enlightened.”

“Explain what that means.”

“Your conscious mind becomes aligned with your superconscious mind, which is part of Higher Intelligence,” I patiently respond.

“Does that mean I become part of God?” Your questions are getting bolder.

“You are already part God. What it means is that you will be better at demonstrating it in your life.” You have forced me into the philosopher’s chair.

“I’m pragmatic: what’s the bottom line?” You have chosen the business executive’s chair.

“For one thing, you become an integrated personality. You no longer have inner conflicts. You are a better decision-maker. You have a higher state of consciousness that gives you a feeling of oneness with all people and they with you.” I have a feeling my answer was not pragmatic enough.

Oneness? I don’t understand. How is that beneficial to me?”

I was right. I turn my eyes slightly upward this time and wait for the answer to come. “You have the power you need to influence people for your good and theirs, and the wisdom to use the power for the good of humanity.”

You nod. I give silent thanks. And you read on.

For the next three mornings, you will get out of bed and sit in a chair on arising. You will close your eyes, turn them slightly upward, take a deep breath, and as you exhale, relax your

body completely. You will then count backward from 5 to 1 to be at the alpha level. Once at the alpha level, you will make the usual affirmations and then add another: “Every day in every way, I am getting better, better, and better.” You will come out 1 to 5 in usual way.

The only differences from the previous training are a shorter countdown, using the chair instead of the bed, a deep breath after closing the eyes, and a “better and better” affirmation.

Another difference will take place during the last two mornings of these final five days. During these sessions, you will enlist help from the other side to make this a better day.

You heard me. No, we’re not jumping the gun. You are in touch with your Higher Self now, and it is connected with the Higher Selves of others who will be participating in your day, via the other side.

Don’t assume that because this is your first try, only small improvements will occur in your day. You will then be asking for only limited improvements. Why not just let go and let God?

Expect a miracle!

What to Do in the Morning—Days 16-20

Earlier in this century, a Frenchman named Emile Couee taught people to look in the mirror and repeat over and over, “Every day in every way I am getting better and better.”

Compare this with the new statement you will be adding to your morning sessions, and you might think I go Couee one better—three instead of two. But my statement is better than Couee’s by a lot more than that. Going to the alpha level is a hundred times better than looking in a mirror. At the alpha level, this statement reaches into your mental computer and programs it to make you better, better, and better.

The changes in your morning session now deserve your closest scrutiny, so that procedure becomes familiar. Once you have learned them, you will not have to interrupt your relaxation to check the book.

Mornings 16 through 18—

1. On arising, sit in a comfortable chair.
2. Close your eyes, turn them slightly upward, take a deep breath, and as you exhale relax your body completely.
3. Count slowly backward from 5 to 1.
4. Repeat these three statements to yourself mentally: “Every time I relax this way I go deeper, faster.” “Positive thoughts bring me all the benefits and advantages I desire.” “Every day in every way I get better, better, and better.”
5. End your session in the usual way, 1 to 5, wide awake and feeling great.

Read these five steps over once more. Then put the book down and pretend that it is morning and you are just waking up. Follow the five steps now.

Mornings 19 and 20—Do steps 1 through 4 as above, but before coming out (step 5), play a “movie” of the day going perfectly. Let’s have a script conference on that movie. Actually, you are both the scriptwriter and the director. I am just a consultant.

One way to mentally “see” a day happening is to have a clock in the picture. You know basically what you will be doing at, say, nine o’clock. So visualize the clock saying 9 A.M. “See” yourself doing what you are supposed to be doing. Maybe you are at work at your desk or wherever your type of work takes place. See your environment as tidy, in order, under control.

See yourself happy and enjoying your work. If other people are involved, see them, coming and going in a pleasant mood; everyone is efficient and productive.

Now turn the hands of the clock to 10 A.M. You are ahead of schedule. Perhaps the mail has arrived and contains good news.

Now it's eleven o'clock. Whatever a "good day" means to you, see it happening. Phone calls, visits, sales, clients—all adding up to progress.

Continue moving the clock hour by hour. "See" good things happening. End your mental movie with a picture of yourself expressing the joy you feel at the end of a perfect day. End your session 1 to 5, wide awake, feeling great, and expecting a wonderful day!

What to Do at Noon—Days 16-20

If you could vote for your most important "self," which aspect of you would vote for: physical self, mental self, Higher Self?

Let's listen to the way each self might campaign for your vote:

Physical self: "I am your body. Without me, you would not be enjoying life. I am indispensable to you."

Mental self: "I run your body. Without me, you would have no workable body. Also I am your means of receiving and expressing enjoyment. The mind is intelligence. I am the real you."

Higher Self: "I am one of the mind's sources of intelligence. I am the body's source of life. I am your connection to where you came from. Without me, you would be separated from the oneness of all, alone, adrift, nothing."

I don't know about you, but I cast my vote for the mental self. Each of the three is certainly essential, but the mental self allows us to reach the other two and thus attain our ultimate potential.

As we complete our final five days of "doing," we are opening the mental self to the physical self and the Higher Self. As a result, the mental self can better control the body, and better receiver intelligence from the Higher Self.

We will have the best of all three selves. The best of both worlds—this side and the other side.

For the next five noons, you will program for benefits to humanity. You will program for a better world.

What will make this a better world? Well, I'm sure we would agree that it would be a better world without wars. It would be better world without addiction to drugs or alcohol. It would be a better world without disease.

Here are a few more improvements with which you may or may not agree. You can take your pick or substitute your own:

Hospitals using holistic approaches to reinforce conventional approaches

Schools teaching students to be centered in their thinking

Diplomats being skilled in communication

Crime becoming less and less prevalent

Food being more natural

Forests being preserved and ecology observed

People in restrictive countries regaining their freedom

Bias and prejudice giving way to understanding and acceptance

Abundance for all the world's people

These are all benefits to humanity, but you do not have to feel that you are a world benefactor when you program for them. You can be entirely selfish—you are a member of human family. If you begin with this list and expand it to include your own concerns, you will

have a lot of material to program. Regardless of the problem you choose, the procedure is the same.

Days 16 – 20 – Sit in a comfortable chair. Close your eyes and take a deep breath. As you exhale, relax your body and lower your head completely. Repeat two of the morning affirmation: “Positive thinking brings all the benefits and advantages I desire,” and “Every day in every way I get better, better, and better.” Play a mental movie on one of these world problem areas. The movie starts with the way things are now. See them improving, getting better and better. Let your final “scene” be of the problem no longer in sight. End your session counting 1 to 5, feeling great. Do a different world problem on each of the next four noon sessions.

Experiencing the Higher Self Connection

Astronaut Edgar Mitchell, in his many articles, tapes, and talks, describes his feelings while looking at planet Earth on the return trip from the moon. It was a majestic and spectacular sight, one that made him know that there was intelligence in the universe, giving it meaning and direction just as surely as the space vehicle in which he was traveling had meaning and direction.

Mitchell describes this as an experiential cognition, not something he arrived at by logical abstraction or discursive reasoning. He became aware of this understanding as a truth. He could not “see” this invisible dimension, but he was as sure of it as of anything he could see. He knew it as there, giving the universe intelligent design and life intelligent purpose.

A visit to the moon is a consciousness-expanding event; it triggers the imagination, the right brain acts, and the connection to Higher Intelligence is snapped on like a switch. Mitchell’s knowing became super-conscious. He became aware of the other side, and it was thrilling.

Fortunately, we do not have to visit the moon to experience a similar thrill; there are other ways. The Silva Method is another way—less spectacular and slower, but it gets you there.

You are getting there now.

You may not feel the exhilaration that Mitchell describes, but things will happen that will make you certain there is a larger intelligence involved in your life. There will be coincidence. There will be synchronicity. There will be “luck.” What could be more thrilling?

In your current noon exercises, you asked to lower your head. Let me explain why. While working on hundreds of difficult cases. I have observed better results when I lower my as in prayer. I wondered why this was so. I discovered that by lowering my head, I was aligning myself with the center of the Source—with Higher Intelligence.

When I had the others lower their heads, it took a while before improvement became evident. This gave me another clue as to what might be happening: the other side only helps those who first try to help themselves.

By lowering our heads, it appears that we register our tries on the big Computer. When we ask for help, a Higher Intelligence responds; if no tries have been totaled on the big Computer, we do not get help. On the other hand, if the Computer shows that someone has frequently attempted to solve problem cases by himself, whether successfully or unsuccessfully, then that person does get help from the other side.

No wonder the adage has come down to us over the ages that God helps those who help themselves.

There are exceptions. People who develop a reputation for dependability seem to get help from the other side regardless of whether they have “registered tried,” that is, attempted to solve problems by programming. Each of us seems to have a “personnel file” in the big Computer, and if it reflects a pattern of dependability in our behavior history, we are more eligible for help from the other side.

A Texas Murder

In the early 1970s, I had started to teach the Silva Method fairly regularly in a Texas city. The chairman of the psychology department at the local university was interested in having psychology students attend our training sessions so that they could discuss the method in class. I agreed.

Sometime later, a woman who worked as a janitor at the college was murdered in one of the laboratories. After several months of investigation, there were no clues. At the psychology chairman's suggestion, the police came to me. The two officers asked if it was possible for me to uncover information to help identify the murderer.

"Yes," I replied, "it is possible. A clairvoyant, from his clairvoyant level, can regress in time and can know how the person was killed and be able to describe the murderer."

"Will you do it for us?" they asked.

"No," I replied, explaining that I do not use the Silva Method to trap anyone.

They argued that it was my obligation to society. I argued that they should take the training and help themselves. They did not have the time, so the matter was dropped.

A month later when I returned to that Texas city, a large envelope was left in my hotel box. It contained a picture of the murdered woman, a map showing where the crime had taken place, and a note saying, "Please do whatever you can to help us."

Despite my reservations, I decided to turn it over to Higher Intelligence. That night I went to my level, lowered my head, and presented the facts of the murder to Higher Intelligence.

Though I received no revelation, the answer came swiftly in another form. Late that night or early that morning, somebody broke into the office of one of the professors. Investigators theorized that it was to find answers to the questions on an upcoming test. A detective was assigned to watch the building the next night. Sure enough, an individual entered the same office again. There was a real TV-style chase involving a number of police cars. The police captured the fugitive on the edge of town. They found a master key on him. This key had belonged to the murdered woman. The suspect confessed to the murder and was later convicted of the crime. This long-drawn-out case, once presented to Higher Intelligence, was solved in less than 36 hours.

What to Do at Night—Evenings 16—20

We creatures of God have been created in the image of the Creator. That image is our human intelligence. As we use that intelligence to solve more and more problems, we become more like God, who can solve all problems.

Problem is anything that hurts the Creator's creation, including his creatures. When we solve a problem, any kind of problem, we are helping the Creator with creation—we are on the Creator's side.

If we cause problems, we move further away from the Creator. If we solve problems, we move closer. The more problems we solve, the closer we become to the Creator. A person can draw even closer to the Creator by solving problems than he or she can by praying all day.

While we are getting better and better at solving problems by solving more problems every day, we are on our way to becoming gods on earth. When we get to a point where we are able to solve all the problems on this planet, we will then be the gods of this planet.

You are now approaching the point where you are able to solve problems that have defied your attempts at solutions before.

You are now able to go to your alpha level and correct pesky health matter you might have. You can correct a behavior problem. You can elevate your moods and your energies.

Your noon sessions, during these last five days of practice, are devoted to altruistic problem-solving. Your evening sessions will be devoted to more direct personal benefits.

Most human problems stem from other humans. Human relations can be the source of seemingly insurmountable problems. Like two moose locking horns in a battle for supremacy, we are constantly “locking horns” with other people. Your will versus their will. What you think is right versus what they think is right. Your way of doing it versus their way of doing it.

Usually objective approaches—talking it out or writing it out—make matters worse. The rift deepens. The problem hardens.

Subjective approaches make matters better. At the subjective level, communication avoids confrontation. Instead, it exploits oneness. It does not focus on who is right. It focuses on what is right. Higher Self appealing to Higher Self for what is right for the both of you involves a Higher Intelligence. Instead of being on opposite sides of the proverbial fence, you are both on the Creator’s side.

The problem is solved.

For the next two nights, you will practice this subjective approach in order to improve a relationship with somebody. For the last three nights, you will shift to helping yourself with other alpha level applications.

Examples of the kinds of human relationship problems that merit your subjective approaches are:

- A misunderstanding with your lover or spouse
- A child’s inclination to be contrary or disobedient
- A neighbor’s activities that are unneighborly
- A fellow worker’s behavior that is disruptive
- A difference of opinion with a friend or family member

The list is endless. You no doubt have two situations with people that can be improved. As you work on these relationship problems, remember two rules. Your subjective conversation must be:

1. Loving, If you feel anything but loving, practice forgiveness first.
2. Mutually beneficial. Spell out how your work will benefit the other person as well as yourself.

Evenings 16 and 17—Pick a different human problem each night. Sit in a comfortable chair, close your eyes, and bow your head. Take a deep breath and as you exhale, relax your body completely. Count backward mentally from 5 to 1. Picture the person with whom you have a problem. Express love or fondness for the person. Identify your mutual problem. Explain your mutual solution, what is right for the both of you.

Feel a closeness to the person as you end your session, counting upward from 1 to 5, feeling great. From now on, when you think of the situation, think of it not as the problem it once was but as the solution it is now becoming.

In your final three evenings of “doing” you will go to your level in bed when preparing to go to sleep. Each night, you will use your alpha level for a different personal benefit: getting rid of a persistent negative attitude, helping to correct a health problem, and triggering more of your mind to go work for you.

Here are the instructions for each evening:

Evening 18—Getting rid of a persistent negative attitude. Select some negative attitude you would like to change. Just before falling asleep, go to level as you did last night. Identify the attitude that you have selected. Admit that it is not wholesome or positive. Express your desire

to change it. State, “When I open my eyes at the count of 5, I will no longer feel (negative feeling), and I will (positive feeling).” This will be in place of your usual “aide awake” statement. Count slowly 1 to 3 and repeat this statement. Continue the count to 5, open your eyes, and affirm, “I no longer feel (negative feeling), I feel (positive feeling).” Examples of some negative feelings or attitudes and the opposites to which you can transform them are: Resentment—Acceptance; Jealously—Appreciation; Depression—Exhilaration; Hopelessness—Hopefulness. Read these instructions again before going to bed.

Evening 19 – Helping to correct a health problem.

Select some minor health problem that you wish to alleviate—skin disorder, acid stomach, cough—something you have decided is too minor to warrant a doctor’s help. Just before falling asleep, go to your level in the usual way. Imagine you are able to go inside our body. “Visit” the problem area. Fix it up in your imagination. Let your final picture be of the area in perfect condition. Go to sleep from level. Read these instructions again before retiring.

Evening 20 – Triggering more of your mind to go to work for you. Just before falling asleep, go to level as before. Put the thumb and first two fingers of either hand together. Mentally say, “Whenever I put these three fingers together, my mind functions at a deeper level of awareness.” Repeat two more times. Fall asleep from level. Read these instructions over three times before retiring. From the next morning on, whenever you need to be more intelligent—while at a meeting, making a decision, or speaking to an important person—put our three fingers together.

Summary of Weekly Exercises—Day 16-20

Here is the summary of the five final days of exercise, 16 through 20. Review the preceding material for a more complete discussion of the exercises for each day.

DAY 16

- MORNING

Sit in a chair

Eyes closed, deep breath

Count 5 to 1

Affirm “deeper, faster”

Affirm “positive thoughts”

Affirm “better and better”

End session 1 to 5

- NOON

Sit in a chair

Eyes closed, deep breath

Lower head, 5 to 1

Affirm “positive thinking”

Affirm “better and better”

Pick major world problem

Play three-part movie

End session 1 to 5

- NIGHT

Sit in a chair

Eyes closed, deep breath

Lower head 5 to 1

Select human problem

Do subjective communication

End session 1 to 5

DAY 17

- MORNING

Sit in a chair

Eyes closed, deep breath

Count 5 to 1

Affirm “deeper, faster”

Affirm “positive thoughts”

Affirm “better and better”

End session 1 to 5

- NOON

Sit in a chair

Eyes closed, deep breath

Lower head 5 to 1

Affirm “positive thinking”

Affirm “better and better”

Pick a different world problem

Play three-part movie

End session 1 to 5

- NIGHT

Sit in a chair

Eyes closed, deep breath

Lower head, 5 to 1

Select different human problem

Do subjective communication

End session 1 to 5

DAY 18

- MORNING

Sit in a chair

Eyes closed, deep breath

Count 5 to 1

Affirm “deeper, faster”

Affirm “positive thoughts”

Affirm “better and better”

Play mental movie of a perfect day

End 1 to 5

- NOON

Sit in a chair

Eyes closed, deep breath

Lower head, 5 to 1

Affirm “positive thinking”

Affirm “better and better

Pick a different world problem

Play three-part movie

End session 1 to 5

- NIGHT

Go to bed

Eyes closed, deep breath

Count 5 to 1

Identify negative attitude

Express desire for opposite

Count 1 to 5 affirming positive

Fall asleep

DAY 19

- MORNING

Sit in a chair

Eyes closed, deep breath

Count 5 to 1

Affirm “deeper faster”

Affirm “positive thoughts”

Affirm “better and better”

Play a mental movie of a perfect day

End session 1 to 5

- NOON

Sit in a chair

Eyes closed, deep breath

Lower head, 5 to 1

Affirm “positive thinking”

Affirm “better and better”

Pick a different world problem

Play three-part movie

End session 1 to 5

- NIGHT

Go to bed

Eyes closed, deep breath

Count 5 to 1

Select health problem

Go inside and fix it up

See perfection

Fall asleep

DAY 20

- MORNING

Sit in a chair

Eyes closed, deep breath

Count 5 to 1

Affirm “deeper, faster”

Affirm “positive thoughts”

Affirm “better and better”

Play mental movie of a perfect day

End session 1 to 5

- NOON

Sit in a chair

Eyes closed, deep breath

Lower head, 5 to 1

Affirm “positive thinking”

Affirm “better and better”

Pick a different world problem

Play three-part movie

End session 1 to 5

- NIGHT

Go to bed

Eyes closed, deep breath

Count 5 to 1

Three fingers together

Affirm “deeper awareness”

Repeat two more times

Fall asleep

Congratulations! You have now developed the contact. You have the ability to get help from the other side for yourself and your world. You can relax quickly and deeply, and have developed the ability to mentally picture a problem situation and bring it through to solution. Now, in Part II, you can begin to use the contact to better your own life and the lives of those around you. You will learn how apply your new knowledge to the very specific problems of your everyday life.

You deserve a pat on the back; you now have a very strong invisible means of support. Now it's time to use it.

PART II
USING THE CONTACT

Chapter 7 - What to Do Before You Ask for Help

When we ask for help in this left-brain physical world, we first must decide which area of expertise is best able to provide that help. So we make appointment with a bank loan officer, or a health care specialist, or a psychologist, or an attorney, or an architect, or an accountant, *according to our needs*. The physical world is realm of divisions and separations. That's the way the left brain likes it to be because it thrives on details.

When you ask for help from the other side, things are quite different. You are using your right brain to contact the nonphysical world. Here unity, oneness, togetherness are the order of the day. So there is only one source for that help, although it may come through various physical channels. Asking, too, is simpler. You might say the process is automatic. Help comes. And there will be no bill in the morning mail for you to pay.

I have a confession to make.

You might say I have pulled a fast one on you. Let me explain.

On the next page, you will receive your first instructions on how to get specific help from the other side.

How does this make you feel? Excited? Jumpy? Butterflies in the stomach? Are you saying to yourself, "What if I fail?" or, "What if it does not work for me?" Or, maybe, all of the above?

Well, what does this heightened emotion do to your relaxation? It prevents it. And what does your nervousness about failure do to your expectation and belief? It cancels them. Remember, expectation and belief are the green lights that make your brain say "go." Relaxation is also a necessity in using your contact with the other side. So right now you have probably set the stage for your own failure *by failing to relax and by expecting failure*.

That is why on the next page you will *not* receive your first instructions on how to get help from the other side. I repeat, no such first instructions coming.

Why? I pulled a fast one. You have already received these instructions and you have already asked for help, and that help either has already arrived or is on the way.

I refer to the "exercises" you did on the last five of the 20 days. You asked for help from the other side when you played a mental movie of the going perfectly

You asked for help from the other side when you played a mental movie of world problems being solved.

You asked for help from the other side when you held a subjective conversation with another person to solve a mutual problem.

You asked for help from the other side when you programmed during the final evenings of practice for personal benefits.

All of these exercises involved the superconscious to some degree. Your right brain's imagining was involving your Higher Self. Your Higher Self is at least partly on the other side, and, depending on how we technically define "the other side." Your Higher Self could be entirely on the other side.

So, you have gotten over the hump. You have begun to use your developed connection. It has been as easy as pie. No sweat. No butterflies. No "maybe" or "what if" about it.

The more you practice, the better it gets. The more ways you use your centered thinking to solve problems, the more new ways will become available to you.

That is the thrust of the second part of this book, and that is why I have chosen the title—"Using the Contact." I invite you now to dive in —be relaxed about your ability. You have already proven it. And be confident about your assured success. It is already beginning to manifest.

You Are Now a Better “Computer” Programmer

Now that you have learned how to contact the other side, you will be exploiting this Higher Intelligence in exciting ways. But first, let’s look at some possible disadvantages.

With more of your brain open to your mind’s thinking activity, it is more easily programmed. This is advantageous when you learn positive programming for help, as in the chapters ahead. But your brain is also more open to your mind’s negative thinking and therefore more easily programmed in ways you do not want. You do not need the chapters ahead to be skilled at negative programming. If you are like most people, you probably have been thinking negatively for years.

Programming is done with words and pictures. When words are repeated again and again and pictures are held in the mind while we relaxed, we are programmed to them. Let’s look at how you program yourself negatively with repeated words. Certain figures of speech can program your body’s functioning from normal good health to unwanted abnormality. Consider:

“She gives me a pain in the neck.” If you have a pain in the neck someday, think back to who “gave” it to you.

“He gives me a headache.” This is also quite specific in its programming.

“She makes me sick.” This is more general. It’s like declaring open house for sickness whenever you are with her.

Here is a list of some other common negative programming statements:

“He galls me.” (Gallbladder)

“She broke my heart.” (Heart)

“I can’t stand him.” (Feet)

“She gives me a pain in the...” (Hemorrhoids)

“I can’t stomach him.” (Indigestion)

Begin now to pay attention to the words you use. They go into your computer. Your computer runs your body automatically—it does not say, “Oh, he doesn’t really mean that.” It has critical judgment. Nor does it say, “Oh, she’s just joking.” It has no sense of humor.

Should you catch yourself using negative words, all is not lost. You can erase them from your computer before they are stored as programming by quickly saying, “Cancel, cancel.” Then replace what you just said with a positive phrase.

Example: You just found yourself saying, “I can’t see that.” Quickly you say, “Cancel, cancel,” and add something like, “I’m beginning to see and understand that better and better.”

Now about mental pictures. These are even more easily converted into mental programming than words are.

Remember when you last said to a child, “Don’t slam the door”? Along came the inevitable *bang*! Or, “Don’t spill your milk”; splash. The child holds the idea as a picture. The picture comes true—it has to—it is the seed of creation.

The idea is to use pictures that you want to come true instead of those you *don’t* want to come true: “Please close the door gently.” Drink your milk carefully.”

Applied to your everyday thoughts, the way to make the transition is just as easily identified, but not quite as easily implemented.

To make a transition from negative daydreaming about, say, “How am I going to pay those bills?” to a positive approach, simply see yourself having the money and paying the bills.

The catch is that we are in the habit of thinking negatively. We are not in the habit of thinking positively. With the Silva Method, you can use your programming expertise in many useful ways. These ways do not necessarily invoke help from the other side, but they prepare you for receiving help from the other side more readily.

- You can program out negative thoughts and program in positive thoughts.
- You can program out destructive feelings and emotions and program in constructive feelings and emotions.
- You can program out unwanted behavior habits and program in desirable behavior habits.

If you are a negative thinker, with destructive feelings and undesirable behavior, you have separated yourself from your source, so it is more difficult to contact your source for help. On the other hand, if you are a positive thinker, with constructive feelings and desirable behavior, you are closer to your source and closer to the help you need.

In the chapters ahead, you will learn how to get help with people problems, health problems, business problems, and other types of difficult problems that life frequently has in store for us.

You have the tools. Now you will learn how to use them, almost the ways that an expert carpenter fashions exquisite wood products. But what good is a carpenter who oversleeps, or drinks too much, or is sick, or otherwise handicapped?

You must first use your programming skill to correct your negative thoughts, feelings, and behavior.

Don't worry that this is a long, drawn-out process. It is not. Programming can take place instantly.

Programming for Permanent Contact

Arthur K. was a "gloom and doom" thinker. The traffic might be too heavy, so he did not go. Later, he regretted having missed the event. Other times, he missed out on some fun because he thought it might rain, or that there would be no parking—there was always something.

When he took the Silva Method training, Arthur realized he was holding himself back with pessimism and worry. He also realized he could change this around. He counted down to his alpha level and admitted his weakness: "I am a pessimist and I worry a lot." He then programmed to change this weakness: "When I count to five and open my eyes, I will no longer be a pessimist, I'll be an optimist. I will no longer worry about bad outcomes, I will expect successful outcomes." He began his count: "One, two, three..." At the count of three he repeated this programming, then continued his count: "Four, five." When he reached the count of five and opened his eyes, Arthur repeated the programming for the third time this way: "I am no longer a pessimist and worrier. I am an optimist and I expect successful outcomes." There were no flashes of lightning, no bursts of thunder. Arthur just became more positive and attracted positive events in his life.

I remember my own attitude back in the sixties and early seventies when we began teaching the Silva Method first in Texas and then nationally. The press was inclined to treat us roughly. Then came our first national news coverage. It was in *Newsweek* on March 29, 1971. The story was negative—I mean *really* negative.

I felt frustrated about the press. They wrote as if they knew what they were writing about even though they had not done their homework. The writer had not taken the Silva Method training before writing about the course.

When an article appeared in the *Boston Globe* in which a woman said we were defrauding people and claimed we were representatives of the devil, my frustration, anger, and resentment mounted. I went to my level. I admitted to the problem about my negative feelings and gave myself instructions to be more understanding and positive. I counted up.

Immediately I was moved to fly to Boston and meet with the editor of the *Boston Globe*. Once in his office I pointed to the article.

“She said we were frauds. Why couldn’t she have picked up the telephone and called the Better Business Bureau? Why didn’t she phone our city officials and ask them about us? They would know whether we’re frauds or not! And about our working for the devil, I don’t think she talked to the devil, either,” I added.

The editor agreed that the article was inaccurate. He said the best way to correct the error was to send another reporter to take the training and to write a story.

“Will that satisfy you?” he asked.

I said, “That is perfectly all right. I will even give that person a scholarship.”

“No, the paper will pay for it,” replied the editor. “I don’t want the reporter to be biased in your favor. He will report it as he sees it. Is that all right with you?”

I said, “Fine.”

The reporter assigned to do the story was a man named Robert Taylor, and the article he wrote, titled “The Descent into Alpha,” is one of the best ever written about the Silva Method. We have reprinted it many times and it has brought many people into the training.

If I had slipped into the habit of considering the press as an enemy, it would easily have become so. Negative thinking attracts negative results. Positive thinking attracts positive results.

Here are few things you can do right now to live more positively:

1. Identify one or more unwanted, negative characteristics in your thoughts, attitudes, or behavior. List them on a piece of paper. In a parallel column, list opposite thoughts, attitudes, or behavior—the way you want to be.
2. Take the first negative characteristic and program it away. Relax and count down to your level the way you have been doing. Admit your problem. Assert the solution. Count up, reasserting the solution halfway up (at the count of 3) and claiming it when you open your eyes (at the count 5).
3. Every day take another characteristic on your list and correct it from negative to positive. When you reach the bottom of the list, reinforce by repeating where necessary.

Millions have benefited from this negative-to-positive programming. It cannot fail. It is based on a solid foundation of truth.

Origins of the Silva Method

The study of seven different subjects went into the formation of the Silva Method. A discussion of each of these subjects will help you to better understand the Silva approach.

The study of the Bible, Old and New Testaments. Every time we came across something in research that appeared to be beneficial to human beings, and we thought that it should be added to and made a part of the Silva Method, we made sure it did not conflict with the Bible’s Old and New Testaments.

The study of the beginning of the world’s major religions, and the creation of churches. Because of research in psychometry, I became interested in studying church buildings. I was interested in these buildings for a couple of reasons. First, human beings walk around surrounded by a globe of energy called the aura. The aura reaches out in all directions to a distance of no less than twenty-five feet. Everything that this human energy field touches is programmed automatically. By programmed, we mean that the aura alters at some depth the state of matter in relation to the thoughts and experiences of that person.

The walls of a church are saturated with the thoughts of thousands upon thousands of people who have entered the building with the thought of communicating with our Creator. You may or may not have faith in the rabbi, priest, or minister who presides there; they come and go. But the building stays and continues to host thousands upon thousands of people who radiate

and continue to program every bit of mortar, wood, and steel with the desire to communicate with our Creator, making it easier for those of us who follow to find the channel of communication with the Creator. Many of my ideas came to me in my church.

The study of the words of Jesus Christ. In studying Christ's teachings and comparing them with our research findings, we found very close similarities. This helped us to develop techniques that assisted people to help themselves.

The study of the greats in mind science and research. These ranged from the magnetizers, mesmerizers, and hypnotizers of the past to the psychologists, psychiatrists, hypnoanalysts, and physicists of the present.

The study of psychology, physics, hypnosis, parapsychology, electroencephalography, physics, electronics, and psychotronics. The study of psychology helped us understand human beings better. The study of hypnosis acquainted us more closely with the power of our phenomenal minds. The study of parapsychology revealed what others had done in the field and how they did it. The study of electroencephalography helped us to distinguish the difference between the brain, the mind, and human intelligence. The study of physics is becoming more and more essential as scientists begin to understand consciousness.

We have come to accept human intelligence as what religions call soul or spirit, and different from animal intelligence. Animal intelligence is also known as cell or biological intelligence.

We also have come to accept the human brain as a biological computer that runs on life energy or what some scientists now call psychotronic energy, and that can be programmed by human intelligence to function automatically, semiautomatically, or manually through programming.

As for the human mind, we do not consider it to be a thing, but a faculty of human intelligence, existing in what we consider a nonphysical dimension, attuning itself to a certain region of the brain that exists in the physical dimension.

Since much of this work has to do with electrochemical-magnetic energy interaction, the study of electronics was very helpful.

The study of so-called unorthodox medicine, such as faith healing, psychic healing, and spiritual healing. This research has been very exciting, interesting, and beneficial. Most impressive is to see a healer use an unorthodox method of healing to correct a so-called chronic, incurable, or irreversible health problem, such as arthritis, diabetes, glaucoma, cancer, leukemia, allergies, or migraine.

We have seen so much done with the use of unorthodox methods that we wonder when someone is going to establish a branch of medicine that encompasses all unorthodox methods of healing to take care of the chronic and "incurable" cases.

Since the very beginning of our work on the Silva Method, we have included elements that use the patient's own belief system and mental attitude to enhance the healing process. This makes a Silva Method graduate an ideal patient, one who will respond more quickly to all types of treatment.

The study of ontology, the branch of philosophy that is concerned with being or existing. This led us to understand that we are representatives of Higher Intelligence. We can call on the Creator, or God, or Higher Intelligence. We believe it is our obligation, our mission, to take care of creation on our plane of existence.

We are just now becoming aware that we perform on our plane of existence what the Creator performs in the whole universe. We believe that Higher Intelligence needed someone to take care of this part of creation, so we were created for that purpose.

In order to take care of our mission, we must do everything we can to remove barriers that prevent the flow of the creative process from reaching perfection. We believe that God is the highest of intelligences because God can solve all problems. When we thwart the creative process we are working against God; we are thwarting the Creator's creation. We believe that

people who promote the creative process bring themselves closer to God. We believe that a coincidence can be the mechanism through which Higher Intelligence help us. When we ask help in a creative manner, to solve problems in the creative process of our lives, we are calling on God. The Silva Method is a creative way of asking for the help we need and establishing that essential contact with the other side.

Opening Up to Abundance

Try to open the door to abundance by yourself. If it's stuck, help will come from the other side. How will the other side open the door? There are a number of possibilities, but not all will apply to you. Here are some factors that stem your tide of abundance. First I'll list them, then discuss them.

1. What you are creating is not needed.
2. What you are creating, you are not creating enough of.
3. You are not being creative.
4. You think you are not being creative.
5. You think what you create has no value.

Let's examine the first factor.

Nobody will ever trigger the flow of abundance by selling ice to Eskimos, or coal to Newcastle. The thing we create should be of use. By filling a need we become creative. If this sounds like "old hat," that's because it is. The Silva Method does not enable us to circumvent old truths but rather demands that we harness them.

Another mistake we often make is to think we are being creative when we really only dabbling in the creative process. Max liked to write poetry. He wrote a poem about once a month. His poetry was never accepted for publication; he wondered why. Then he attended a poetry reading by a published poet and discovered his mistake: the real poet spent six to eight hours a day writing and perfecting his poetry. Max spent only a few hours every month—hardly a genuine creative effort.

A third way to be mistaken about creativity is to engage in an activity that might occasionally prove profitable but does not really make the world a better place. The person who spends most of his time betting on football and basketball games may make a quick buck, but he is not creating anything real. Similarly, the person who spends his time playing the stock market may come out on top financially, but his connection to the other side will suffer.

A fourth obstacle can be the fact that people who are being creative put down what they are doing as insignificant or uncreative. Shelley was a waitress because that was the only job she could find. She hated it. She felt she was wasting her creative ability. One evening, a Silva graduate whom she served reminded her of the need to think positively and of the importance of looking for the creative side of everything we do. Shelley soon began to serve people better, make more in tips, and enjoy her work more. She was eventually made assistant manager, and then was offered a job at a nearby hotel where she became assistant manager of the catering department.

Finally, there are people who recognize themselves as being creative but who downgrade the value of what they create.

Rene, after working for a perfume manufacturer, decided to go into business for himself. He was unsure of his product, so he kept the price low. His first line was quickly picked up by some large retail outlets because of its low price. But the perfume stayed on the shelves, unsold. His business contacts all agreed it was fine perfume, but nobody had the sales answer. Rene went to his relaxed level and daydreamed about problem. He asked himself what he was doing

wrong. He found himself thinking about the competitively low price. It did not suggest the real quality of his product. The perfume was so lovely, it was really worth much more.

Rene got one of the department stores to triple the price; immediately sales boomed. Other outlets followed suit and raised the price. Rene became successful only after he elevated the value of what he was creating.

Five locked doors. They must be opened before you can get help from the other side. The Silva Method can help you open these doors—here is how.

The Five Affirmations

When you open these doors, help from the other side can and will come to you, as surely as this book will fall if you let it go. Once you open these doors, your seeds of creativity can grow and flourish. You plant them, you nurture them, you enjoy their fruits.

Turning from symbols to action, you “see” your goal at alpha; ideas, people, and solutions show up with suddenness and certainty; you reach your goal and achieve satisfaction.

You are now going to open these five doors. You will find that they are the floodgates to creativity and to help from the other side.

Here is the way you are going to do this. Let me tell you generally first, and then I will give you the step-by-step procedure.

You will go to your relaxed alpha level the way you did in your recent morning exercises, only this time, when you say 5, you will see a door with a big numeral 5 on it and you will mentally open it. When you count 4, you will see another door with the numeral 4 on it and you will again open it. You will continue your countdown until you have seen five doors and opened them.

They all open onto one big garden plot. Nothing is growing in it yet. A large sign identifies this garden plot as “MY PERSONAL CREATIVITY.”

Mentally picture yourself walking onto the plot with seeds in your hand.

What seeds do you wish to plant? What do you want to create? A bigger family? A thriving business? A new product? A larger house?

Standing in the center of the garden, scatter the seeds around you, then return to the side to watch.

See whatever you planted start emerging from the soil. If it was a larger house, here it comes, roof, walls, foundation. If it was a bigger family, here they come—beautiful children.

Now make five affirmations about what you have created:

1. What I create is needed.
2. I create in the quantity needed.
3. I am endowed with creativity.
4. I know how to create.
5. What I create is of universal value.

You will then end your session by counting up from 1 to 5, feeling great and knowing that the floodgates are open and creativity will flow.

A person whose self-esteem is really low may want to reinforce these exercises from time to time.

This may seem like a long procedure to go through by memory, but it boils down to going to your level, which you already know how to do, and merely adding doors to the numbers. Then you sow the seeds for what you want to grow and make the five affirmations before coming out.

The five affirmations require some memorization, but you can make the job easier by converting them to a convenient acronym, such as NQCHV – N, needed; Q, quantity; C, creativity; H, how; and V, value.

Here are the steps again in more specific detail.

1. Sit in a comfortable chair, close your eyes, turn them slightly upward, take a deep breath, and as you exhale, relax your body completely.
2. Count backward slowly from 5 to 1, seeing each number on a door and opening the door before proceeding to the next number.
3. Picture yourself going through an open door to a big garden plot. Know that this is the garden of “MY PERSONAL CREATIVITY.”
4. Decide what you want to create in your life. Step into the center of the garden and scatter the seeds for this creation.
5. See what you want to create growing in the garden.
6. Make the five affirmations: (NQCHV) needed, quantity, creativity, how, and value.
7. End your session counting up 1 to 5, feeling wide awake, even better than before.

Now is a great time to do this exercise. Read over the instructions and memorize the five affirmations. Put the book down and open the doors.

Programming

You want to be successful in getting help from the other side. I want you to be successful, too. Even the other side wants that same success, because the other side needs you as a co-creator.

However, one of us has “ifs” and “buts” that can interfere with that help. I assure you it is not me, and it can hardly be the other side. Yes, even though you are gung ho, you may still have impediments that can crimp your lines of communication with the other side.

I will tell you what these impediments might be, and the methodology you have already used that you can now focus on them. Then you can decide whether you need to do some of this work now or whether you are already in the ideal state for best results in getting help from the other side.

I have already told you how to eliminate some of these impediments in this chapter with corrective programming. With corrective programming you can handle:

1. Negative programming in conversation.
2. Negativity in thoughts.
3. Destructive attitudes, feelings, or behavior.
4. Unwillingness to do whatever needs to be done.
5. Limited opinion regarding one’s creative ability.
6. Relationships with other people.
7. Relationships with yourself.
8. Relationships with the other side.

These last three items—relationships—need to be examined carefully and, if correction is needed, you need to program that correction at the alpha level. Let’s look at each of these areas now. We do this not as a substitute for your own self-examination, but rather to trigger it.

First, your relationships with other people.

In many countries of Asia, one person greets another by placing his palms together in prayer fashion and bowing. The meaning of this gesture is, "The divinity within me recognizes the divinity within you." It is like right brains embracing.

Compare that to some of the ways we greet others:

"How are you?" (Translation: "I couldn't care less.")

"How goes it?" (Translation: "I've got my own troubles.")

"Nice day." (Translation: "Keep walking buster.")

In this material world, we tend to look down on other people as a means of raising ourselves. But it works in the opposite way: Put down somebody and you put down yourself, because you are connected to that person. Raise them up and you raise yourself up. Don't be one of those who say, "I love mankind, it's people I hate." Resolve to be patient and understanding. Ignore the differences: look for common ground. Suggestion: Go to alpha level and imagine that you see reflection in a still lake. Affirm "I love you." If there are certain individuals for whom corrections in your feelings are needed, repeat the exercise of forgiveness, targeting those specific individuals who still are difficult for you to accept lovingly. At alpha level, invite these individuals into your peaceful place and visualize mutual forgiveness.

Now let's concentrate on your relationship with yourself. Are you worthy of help from the other side? You bet you are. You are what creation is all about. If you consider yourself unworthy, you probably have been programmed that way by others.

Some sources old programming for unworthiness are:

Low marks at school	Rebuff by the opposite sex
Low bank balance	Rebuff by peers
Low salary	Rebuff by supervisors
Inadequate education	Inadequate athletic ability

Suggestion: Go to alpha level and invite yourself into your peaceful place and forgive yourself.

Finally, let's look at your relationship with the other side. A feeling of separation from the other side is usually closely related to your relationship with yourself. A feeling of unworthiness in earthly matters can lead to a feeling of not being worthy of help from so-called heavenly sources.

As you improve your feelings of self-worth and self-acceptance in the ways just suggested, you will feel less separated from the other side. You will have dissolved away guilt, worry, and other self put-downs, and your relationship will improve. But there are other positive steps you can take to clinch it.

- A. Repeat the six-step exercise at the end of Chapter 2 that involves greeting your Higher Self. Go to alpha level, and see yourself waiting for you in your peaceful place. You are radiant with life. Greet your Higher Self lovingly.
- B. Repeat the exercise you did earlier in which you saw your home and surrounded it in a white light.
- C. Go to your alpha level, deepening it with a 10 to 1 countdown. Be aware of the other side. Send your love. End your session in the usual way

Feel that love returning from the other side.

Chapter 8 - How to Get Help Solving People Problems

The other side loves you. It loves you so much that it has respected your desire to “go it alone.” Now it welcomes you back. You and the other side were meant to be a team. That intention has now been realized, but that does not mean that your problems are now over. It does mean, however, that now every problem that arises in your life can be solved, quickly and easily. You and the other side are an unbeatable team.

The most common problems that arise in anybody’s life are people problems. These people problems, if allowed to continue unresolved, can lead to health problems, to money problems, and to other more complicated and difficult problems.

This chapter tells you how to put your team to work to solve common people problems. The next chapter covers health, the following one money, and the next complicated, difficult problems.

Up until now, you have been instructed to read sequentially since each part has been dependent on the part before it. Now you can pick and choose.

If health is your immediate problem, skip this chapter and go immediately to Chapter 9. You can return to this chapter later. Or you can jump ahead to Chapter 10 on money problems, or Chapter 11 on other difficult problems.

I recommend that you eventually read all the chapters you skip so you know how to get help from the other side for every type of problem that can arise.

In this chapter we will deal with other people in ways we have never done before. In this material world, there are separations in time and space. Up until now we have had to respect these separations. We have had to deal with people as if they were their bodies. Bodies are separate from each other. But people are not their bodies. People are their minds. And minds are not separated. There is a place where minds are joined. That place is the other side, and the part of the mind that is joined there is called the Higher Self.

Have you ever been taught this in school? Teachers who have taken the Silva Method training—and there are thousands—may not be able to introduce it into the curriculum, but they can use it themselves. One of the most popular uses among Silva-trained teachers is to use the Silva Method to improve discipline in the classroom.

Grace H. taught a junior high school class. Her students were at an age when they were beginning to feel adulthood coming on but were not were not ready to handle it. Result: hyperactive, disorganized, and uncontrollable behavior. Grace was a good teacher, but her expertise was going down the drain. She took the Silva Method to be able to cope with the stress, but an extra dividend resulted.

She went to her alpha level one night and pictured her class lovingly. She talked to them about how her teaching and their learning could improve so both could benefit. The next day, there was a definite improvement in the class’s behavior. She did this every night. The improvement continued. Now she had the best-behaved class in the school. Soon other teachers were asking her for her secret. And she was happy to share it with them—her answer was subjective communication.

Using Subjective Communication

I am now in communication with you objectively. My left brain is involved in putting the words on paper.

Your left brain is involved in opening the book and reading the words. Were I to talk to you, it would also be left-brain activity.

I could also communicate with you subjectively. I could use my right brain. I could relax and imagine that I see you. If I held an imaginary conversation with you in a loving way that suggested a solution to some mutual problem, the message would get through to you, but it would take a different route. The objective ways of communicating that we use every day follow physical pathways—through the conscious senses.

The subjective methods of communication that we are now learning to use follow nonphysical pathways and transcend the conscious mind. Subjective communication travels on the other side. In fact, on the other side it has no distance to travel. Its realm is where there is no space and where we are all joined together. The route it takes is something like this : the sender's conscious mind to the sender's super-conscious mind to the receiver's superconscious mind to the receiver's conscious mind.

Let's look at these pathways in more detail:

Sender's conscious mind. You think of the problem and realize that objective means are not working, so you decide to use subjective means.

To sender's superconscious mind. You relax, take a deep breath, turn your eyes slightly upward, and count backward from 5 to 1. Your right brain is now activated—it is the access to your superconscious mind.

To receiver's superconscious mind. You picture the receiver. Immediately, your brain neurons are in touch with the receiver's brain neurons, also at the right-brain level. Your superconscious and the receiver's superconscious are connected and are part of the oneness of the other side! As long as your communication is loving and poses mutual solutions and advantages, you maintain that connection and the message gets through.

To receiver's conscious mind. The receiver gets the message as if he or she got an idea. It drifts into the conscious like any other self-generated idea. He or she moves closer to an agreement with you.

This can work with more than one person. If there are two, they are joined as one at the superconscious level. The same is true for three, four, five, or even a hundred people. As long as you can picture a person, you can reach him subjectively.

Grace H. could picture her students.

If you had to picture your office staff you could, or your neighbor's family, or your football team, or your club members. Using subjective communication, you can get in touch with others to accomplish some mutual goal, just as Grace H. did for her class.

You can reach Jung's collective unconscious, or Sheldrake's morphogenetic field, or Russell's global brain, or the other side, or what I call Higher Intelligence. No matter what you call it, it is yours to use.

You are part of it, it is part of you.

Here are the steps:

1. Sit in a comfortable chair, close your eyes and turn them slightly upward, take a deep breath, and as you exhale relax your body completely.
2. Visualize the group you wish to communicate with.
3. Greet them lovingly.
4. Talk to them mentally about the situation you wish to resolve. Propose a resolution that is as advantageous to them as it is to you.
5. End your session in the usual way, counting 1 to 5, feeling great and wide awake.

Using Subjective Communication to Solve World Problems

At the present writing, Silva Method graduates are being asked through a newsletter to go to their alpha level each evening and program for the following:

- More and more doctors taking part in working side by side with spiritual healers.
- More school using Silva Method as regular part of the educational program.
- Lasting peace in Central America.
- Plenty of food for the starving people of the world.

This is only a sampling of the kinds of world problems Silva graduates are encouraged to work on. Many of these problems have long since diminished in severity or disappeared altogether.

This is not to say that few can always affect the many. Only when the scales are finely balanced can a few make a crucial difference. But even so, the few can always contribute to the solution for the many, accelerating the moment when that solution arrives.

How do you program for doctors you do not know and therefore cannot visualize to do something like work more closely with spiritual healers?

Subjective communication is one way to do it. You can instruct your brain neurons to seek out the physician in a part of the United States or even the whole country. Your brain neurons know who physicians are and they can communicate with them at the level of Higher Intelligence or the other side.

Do you want to convince your community that a certain manufacturing plant could be dangerous to have as a neighbor? Continue to use meetings and the press—the spoken and the written word of objective communication—but add help from the other. Use subjective communication. Higher Intelligence will be involved in the project. If the plant can find another less populated site, no problem will be created and the solution can come about.

How do you mentally picture at your alpha level all the people of your community? Imagine that they have assembled at the high school athletic grounds. Or examine a street map, then recall the street map when you're at alpha level, animated with people. Or let a few of your neighbors whom you can visualize "stand in" for all of the community.

These approaches enable you to subjectively communicate your message in such situations as:

1. Winning more votes in an election.
2. Selling more of a product or service.
3. Cooling a controversy that has been heating up.
4. Gaining support for a charity drive.
5. Facilitating signatures on a petition.

It is also useful to remember the world problems such as those graduates are asked to assist with and those you used to practice with in the final group of five noon exercises. Unfortunately, this planet of ours has many such problems, due to the eccentricity of humankind's thinking. You can always find problems to help with having to do with poverty, illness, hunger, and war.

Remember the two rules: Communicate lovingly. Be in favor not of *who* is right, but *what* is right.

Using Subjective Communication One to One

Problems solving should begin with our personal relationships. Personal problems involving other people can include those with:

Your spouse
Your children
Your parents
Your in-laws
Your employer

Your fellow workers
Your neighbors
Law enforcers
Friends

Subjective communication one to one is especially effective because instead of using the shotgun effect of “spraying” the message, it uses a focused target. One-to-one communication not only gives you all the advantages of objective communication by mentally “wording” your conversation, it also opens up other types of programming, which I will cover later in this chapter.

You have already practiced subjective communication in your exercises for Evenings 16 and 17. You might want to review the instructions for those evenings and recall the events immediately following your five experiences with it.

When results are not seen immediately, give the situation more time. If you still get no results, repeat our subjective communication; being sure to follow the two rules—communicate lovingly and favor *what* is right. If there are still no results, check for one or more of the following blocks:

1. You are not deeply relaxed enough.
2. You are not picturing the person.
3. You do not expect results.
4. You do not really love that person.
5. Your proposal is not of mutual advantage and is posing a problem to the person.

Here are the antidotes for these blocks:

1. Use one or more deepening techniques, such as counting backward from 25 to 1. Using progressive relaxation to relax every part of our body, and/or visualizing your favorite place of relaxation for a few moments.
2. We frequently have difficulty picturing somebody whose face we see often—we take it for granted. Next time you see this person, carefully observe their features, hair, contours, and skin color so that these details will be more easily recalled. Or study a photograph of the person.
3. Skepticism always works. It is a red light; it tells your brain to ignore what you are doing because it is useless. Your consciousness obeys you. Expectation always works. It gives your brain a green light. Just think what skepticism is costing you as others succeed and you are left behind.
4. If there have been hard feelings between you and this person, it is difficult to obey the first rule, that is, to feel love for the person. To go from hostility to love, you must pass through another stage: forgiveness. Go to your alpha level and invite this person into your peaceful place; forgive this person and ask to be forgiven.
5. There is no doubt that the change you are seeking is advantageous to you, but is it really advantageous to the other person, too? If not, you are causing a problem for that person and it will not work. Review your proposal and revise it if necessary so it more fully reflects what is right for both of you.

Separation on the This Side

Subjective communication works. You never get a “wrong number.” Differences are solved. Relationships improve.

Sam T. used it in his obstreperous horse. It worked. Native Americans use it on wild horses, and they are able to mount and ride them without the bucking our less centered-in-thinking cowboys experience—it works.

Morton M. used subjective communication on his business partner. He appealed for his partner to pay more attention to the business in order to make more money and allow him and his associate more free time. It worked.

Subjective communication is effective. It works to make this a better world. And if it works for you, it can also work for nations. Can you see it being used by diplomats to create understanding, by officials to engineer the release of hostages, by statement to avoid war?

That’s the good news. Now the bad news. Oneness is a fact on the other side. Separation is a fact on this side. The weaker the feeling of separation on this side, the better. When you feel oneness, you start from a more advanced place. You are more successful. In other words, we need to think and behave as spiritually as possible in this physical existence. We need to try to live the oneness despite the tendency to separate, to be poles apart. We need to do what is right—to the best of our ability. We need to be more fully human.

What do we mean when we talk about becoming more fully human? Are we talking about morality and the ethical standards established by government and religion, politicians and preachers? Through the ages. The rules have kept changing. The Old Testament tells us that the law demands an eye for an eye, a tooth for a tooth. The New Testament says that this no longer applies, but that we should answer evil with kindness—with oneness.

In modern times, legislative bodies pass laws that change the meaning of right and wrong. As if that were not enough, the judicial system keeps changing the interpretation of those laws. So how can we tell right from wrong? Should we depend on people who proclaim themselves our moral leaders when we have seen many of our self-professed leaders fall from grace in recent years? Whom can you trust?

Is there a yardstick we can use to help us determine what is right, what we should do in a given circumstance? We have found only one reliable test to guide us in making these decisions, and that is to ask ourselves a question: Does the proposed solution help correct problems without creating any new ones? When faced with a difficult decision, ask yourself that question. When faced with decision that seems impossible, enter your alpha level and use it to help you. Analyze the problem at alpha. By doing this, you can view the situation from a higher perspective; you can free yourself of your fear and frustrations and anger,

Keep in mind that the best solution must be found for everyone involved. Then make your decision at alpha level with the confidence that you are doing your best to convert our planet into paradise. Avoid being part of the problem. Instead, be part of the solution. Be the good guy.

Passive and Dynamic Meditation

Throughout this book, I have been giving you ways to contact the other side for specific purposes. You can also contact the other side just for the sake of a beneficial contact, just to maintain your connection. All you have to do is go to alpha and just be there.

As we’ve said before, meditation by going to alpha is the best way to establish contact with the Higher Self that is our connection to the other side. There are two reasons why this happens: 1) Going to alpha to meditate activates the right hemisphere of the brain, our

connection to our Higher Self. 2) Going to alpha facilitates communication between the Higher Self and our conscious mind.

So meditation by going to alpha is beneficial even if we just go there to do nothing but be there.

Those who make up the half of the world that meditates do not always reach alpha. They use all sorts of practices and gimmicks to reach a meditative level. They might listen to a sound, or mentally repeat a sound or words called a mantra, or they might burn incense, or sit at the feet of a statue. Even those approaches to meditation that emphasize physical and mental relaxation tie it to some act such as staring at a burning candle, or concentrating on some single thought.

In my experience, staring and concentrating do not contribute to but rather detract from relaxation.

Those people who have found an effective way to meditate have found the way to go to alpha and stay there awhile.

Any meditation at alpha, conducted on a regular basis, enriches the mind, illuminates consciousness, stimulates creativity, heightens the knowledge of what is right, and integrates the earthbound self with the Higher Self.

This book is replete with ways to improve our life by using the alpha level in a specific manner. This is dynamic meditation. It is not meant to be a substitute for passive meditation, but rather an addition to it. If you meditate, keep meditating. It nurtures personal and spiritual growth.

Then use the Silva Method of dynamic meditation to solve problems, reach goals, improve human relationships, improve health, and enjoy the abundant life.

If you have not been a meditator before reading this book and are currently learning the Silva Method to solve problems, reach goals, and so on, you might want to go to alpha occasionally just to be there. You can use the Silva Method to go to alpha and meditate passively for a few minutes.

Just for the heaven of it.

Correcting Unwanted Behavior

You can use subjective communication with good results whenever the situation is one in which objective communication might not be successful. For example, you would not use objective communication when a person was not learning a particular job fast enough.

“Shape up!” you might insist.

“I’m doing the best I can,” comes the reply.

“It’s not good enough!”

Now, there’s an exercise in futility. Replace futility with utility: program directly.

How do you program directly?

1. Go to your alpha level.
2. Visualize the person (it can be yourself or someone else) together with the problem—in this case, not doing the job well.
3. Move the picture slightly to the left and see the person at the water fountain or chewing gum or performing some other activity he or she does frequently. Now the work is improving.
4. Move the picture slightly to the left again and see the person at work. He or she is now an expert.
5. End your session

Let me explain these steps. Please read this explanation before you program yourself or anybody else directly. When you understand what you are doing, you get left-brain agreement and support. Without this understanding, your left brain, with its requirement for logic and reason, can interfere. The left brain does this by lowering your level of expectation and belief.

I do not have to explain steps 1 to 5, going to your alpha level and later ending your session. This should come to you now as naturally as breathing.

But steps 2, 3, and 4 introduce three new factors: three mental pictures, moving your mental picture to the left, and some activity the person is likely to be engaged in at least several times during the day.

We use three pictures because we need to identify the problem. This we do with the first picture, alerting the mental computer to the tack ahead. We also need to introduce a change and the causative factor of that change. This we do with the second picture. We see the correction beginning to take place when the person does something. Finally, we need to see the solution, the goal we wish to reach, the person's unwanted behavior corrected.

The reason we move the picture slightly to the left is that the left appears to be the future, and the right the past—at least to the subconscious mind. Whenever a person is regressed into the past in hypnotherapy, that person tends to lean over to the right in the chair. When I researched this training using my children as subjects, they too leaned right when looking into the past. Occasionally I progressed them into the future, and they leaned to the left. So we move the mental picture slightly to the left when we wish to accomplish a result slightly in the future.

Now, about the drinking of the water, chewing gum, or any such activity. What we are instructing the mental computer to do is to create an improvement every time that particular activity takes place. Going to the water fountain becomes a triggering action. Chewing on gum might also trigger the improvement. You need to observe the person and identify a good trigger you can use. These might be:

Drinking soda or beer	Going to the bathroom
Lighting a cigarette	Combing or brushing hair
Reading a newspaper	Applying makeup

Now that you understand the procedure, you are ready to use it successfully. Remember, programming works for creating solutions, not creating problems. For instance, it will not work on behavioral addictions to cigarettes, liquor, or drugs. The chemistry involved creates problems. The procedure in such cases is to program for the person to seek and accept professional help.

The Best Time to Program for Another Person

You can program yourself anything and it is the right time. Whenever you go to alpha to program yourself, your computer has been readied for that programming, and your right brain is alerted to connect your computer to the larger Computer on the other side.

But this is not the case with programming another person, who may be at a distance and involved in any of various activities. Remember the line of communication: your conscious mind to your Higher Self the other person's Higher Self and finally to that other person's conscious mind. If the other person is at a meeting, fixing the family car, or having an argument, their right brain is not going to be as active as it might need to be for your programming to be 10 percent effective.

We have found that the best time to program another person is at night. What time of night? Your right brain knows, via the large Computer that is the Higher Self located on the other side. So leave it up to your right brain to decide that best time.

How do you help your right brain decide? By programming for it:

1. After retiring, go to your alpha level.
2. Tell yourself mentally, "I want to wake up at the best time to program (name) and I will wake up at that time."
3. Go to sleep from alpha level.
4. The first time you awaken during the night is the right time. Go to your alpha level and make the three pictures.
5. Again go to sleep from your alpha level.

Some behavior patterns are deeply ingrained and may need repetition by you to be reprogrammed. Once a night for several nights may be all that is necessary.

Asking Permission Before Helping Another Person

Many people have questioned the ethics of helping another person without first asking that person for permission. They say that to make changes or corrections in another person's body (which we will cover in the next chapter) or mind is a type of trespass and is really depriving that person of the chance to learn how to make corrections in his own life.

All of the evidence gleaned from our decades of research suggests that our primary purpose on this planet is to help complete, creation. If the creation is to be completed, if our planet is to be converted into a paradise, it is up to us to do it. People cry out for help, objectively and subjectively. We become aware of their need directly or indirectly, from them or from other people. Do we then say, "No, go help yourself," and in the process invite the same answer when we cry out for help?

We are the family of man. We are closely knit. If you could conceive how closely knit we really are, you would see that by helping others you are helping yourself. We are one.

We cannot hurt anybody by helping them. It takes physical force to hurt. Mentally, we use spiritual force, and that can only help. We have proven scientifically that subjectively focused energy is creative, not destructive. Spiritual force does no harm, only good.

And the good it does is for the helper as well as for the helped. After observing millions of graduates practice the Silva Method, we see that people who work the most problem cases prosper the most.

If you are still concerned, we suggest that you do not program a person when that person is in your presence. Only do so at a distance. We will mandate that distance for health problems as well in the next chapter, in order to stay within the laws requiring a license for practicing medicine. Also, to alleviate your concern, you may mentally state at the start of your alpha programming something like, "May the best thing be done for all," or "May God's will be done."

Solving People Problems Using a Glass of Water

You can program other people. You can program animals. You can even program inanimate matter. The walls of your home are permeated with your vibrations and those of other members of your family. Your energy field or aura invests your walls, furniture, and furnishings with your "vibes." Walk into somebody else's house, and you immediately feel the difference. The ability to program all levels of life and physical matter belongs to humankind alone on this planet. It must be meant for us to use.

We have found one way to use this ability on inanimate matter to solve difficult problems. We call it the Glass of Water Technique. First, let me explain how to do it, and then I will tell you how we believe it works.

Before going to bed at night, fill a glass with water. Close your eyes, turn them slightly upward, and drink half the glass of water. While drinking the water, mentally say to yourself, “This is all I need to do to solve the problem I have in mind.” Put the glass on your night table, cover it over, get into bed, and go to sleep. In the morning, immediately on arising, repeat this procedure and drink the rest of the water.

You do not have to go to our alpha level for the Glass of Water Technique. You will generate enough alpha while drinking the water with your eyes closed and turned slightly upward.

The answer may come in a dream that very same night. If so, give thanks as you drink the remainder of the water. Or the answer may come in a flash of insight the following day, or you may meet just the right person.

How does it work? Good question. There is not total agreement among researchers. The psychology-oriented researchers feel that when you drink the water with your eyes closed, the mind enters an alert state. Your defense mechanisms become more alert to determine what is happening—what is being ingested by the body. This opens the mind for effective programming.

Hermes was a famous name in ancient Greek and Egyptian history. His teachings were so jealously guarded that the term “hermetically sealed,” derived therefrom, is still used. He was acclaimed as a god by both competing cultures. One of Hermes’ teachings, having to do with reaching goals or attaining solutions, was to hold a glass of wine in one’s hand and mentally picture the goal or solution in the wine. Then, as one drank, the wine would carry that goal or solution to every cell of the brain and body.

Some scientists believe what Hermes believed. The wine becomes programmed to serve as a reminder to the right brain to keep searching for the necessary, problem-solving information, awake or asleep.

The late Olga Worrell, a spiritual healer who donated much of her time in her later years to prestigious research institutes, was able to cup water in her hands and actually change the spectrographic profile of that water, meaning that she affected the molecular structure of water.

When you stop and think about it, we are three-quarters water, a little more for women, less for men. So we have a close rapport with water.

It is easiest to demonstrate psychic ability when water is involved. There are thousands of successful dowsers in the United States—people who can take a forked stick and find underground water, just by walking with the stick held out in front. They know by the feel of stick where a supply of water is. When you tell me how this works, you are explaining, at least in part, how the Glass of Water Technique works.

Here are a couple more scientific clues. Put a few drops of lemon juice in your glass of water. Hold the glass with the fingertips of both hands, keeping your fingers spread slightly apart. (The Glass of Water Technique works even more effectively when you do this.)

When you put lemon juice in the water, the lemon juice, which is acid, makes the water more of an electrolyte. That means it can conduct energy better, just the way the old type of storage battery worked. Your fingers project that energy, psychotronic energy, the energy of consciousness used in programming. If you hold the glass with one hand, that’s fine. But two hands is better, and when you spread your fingers, less energy is short-circuited back to the fingers, permitting more of it to be projected into the water.

Use the Glass of Water Technique for only one project at a time. When the answer comes, you are free to use the technique again for another project.

Although of comprehensive use, the Glass of Water Technique is of particular value in people relationships. Enhanced insight enables you to make the right decisions. You get along better with others.

As It Was Originally Planned

I appeal to you to follow the instructions in this chapter to make your human relationships better at every opportunity. Do not let problems fester and grow more complicated. Solve them when they are still small and more easily managed.

Be the most spiritual human you can be. Be a good guy. Then use subjective communication or direct programming to correct unwanted situations. Remember the Glass of Water Technique.

If I was to reword the biblical story of creation so that it would reflect my appeal to you to solve problems—the human relationship problems discussed in this chapter and the health problems, money problems, and life's difficult problems discussed in the chapters ahead—it would sound like this. I call it "As It Was Originally Planned":

And it came to pass that all that was planned was created. But all that was created was not completed.

The Creator did six parts of the work and provided the raw materials that could be molded and shaped by evolving beings who would complete the seventh part of the work as they practiced and perfected their own creative abilities.

And the Creator said, "I will not abandon these evolving beings, but neither will I do this work for them, for they must learn to do such things themselves so that they can be helpmates to me in ages yet to come."

But all was not well, for too many of the evolving beings became too attached to that which was created and did not develop the ability to continue to perfect the creation, and evolve in this manner.

And the Creator sent instructions to the beings who inhabited the world and advised that they seek the other gifts that had been bestowed upon them, that they be not so much of the visible physical world, but that they also remember their holiness, which means to remember their invisible spiritual connection with the invisible spiritual Creator.

"Seek within the spiritual world," the Creator advised. "Close your eyes from time to time so as not to be blinded by the attractive visible physical world, and by so doing discover your true nature, which is invisible, spiritual, and holy, which is to say: derived from and belonging to a divine beings."

And so it came to pass that more and more evolving beings began to comprehend and to practice going within to the invisible spiritual world where they discovered their true spiritual nature, their holiness, their creative faculties.

And more and more of the evolving beings are now beginning to use their creative faculties to help perfect the creation that Creator had begun for them, and thus developing their creative faculties so that they can be given greater responsibilities and finally become helpmates one with the Creator, as it was originally planned.

When the Creator sees this start to happen, and only then, will Creator send blessings unto the world and bless the activities of all who inhabit it, as it was originally planned.

My love and admiration go with you as you now learn to attune yourself and others to the source of health and life.

Chapter 9 - Help from the Other Side for Health Problems

The other side is the source of life. This side is the source of diminished life—disease, aging, and death. Life in this physical world is therefore fatal. But while we are alive in this physical world, there are steps we can take to avoid and lessen disease and prolong health. This chapter tells you how.

What is there about this physical world that eventually saps life from us? There is an enemy in our midst. It probably causes more illness, suffering, and death than anything else. It ruins relationships, begets mental and emotional breakdowns, limits learning, spoils success, and causes most health problems. If you attempt to fight this enemy, to struggle against it, you give it more power. But this enemy can be defeated—without effort—by relaxing. The enemy is stress, or more precisely, distress.

Doctors are discovering that excessive stress is at the root of many of our health problems. That is why the Silva Method has been designed as one of the most powerful and most effective stress-management programs ever created.

Your first five mornings, noon, and night taught you how to relax. You imagined relaxing various parts of your body; through the use of imagination, you relieve stress.

You caused your body to relax by recalling your favorite place of relaxation. Once you have done something, your brain remembers the event, so when you recall it to mind, the brain recreates the conditions that existed then. If you recall a place where you relaxed, you will relax again.

Deep breathing helps you relax. You breathe deeply to energize your body with oxygen, then relax as you exhale. It is like a sigh of relief, you might say. When you are relaxed, you can deal with any situation. You need not take out your frustrations on your body, or on other people, or society.

Fifteen Minutes a Day

We take stress for granted; it is part of our way of life. We need time to get where we are going, and to do what needs to be done. Time is not elastic; there is always the threat of there not being enough time. Spell that threat s-t-r-e-s-s.

There is never enough love in our lives.

There is never enough money in our lives.

There are never enough experiences and comforts in our lives. We are driven to find more and more and more.

Stress. Stress. Stress.

Acute stress, if prolonged, causes the blood's white cell count to go down, and prolonged stress reduces the body's ability to fight disease. What does that open you up to? Any bug that happens to be around, and there are plenty.

Many people do not know that they are suffering from stress. People can experience burnout without ever realizing the amount of tension in their lives.

What are some of the signs? Ask yourself some questions: Are you bored with your job? Do lack the enthusiasm you once had? Are your relationships running smoothly, or is there too much friction? Do you have trouble remembering important things? Do you dread getting involved in something new?

Something stress eats away at us so gradually that we do not realize that we do not feel as alive as we used to. There is no need to feel old at 40, 50, 60, or even 70. If you do, check for excessive stress. Then do something about it.

Stuart J., an elementary school principal, believed in taking the military approach to managing his teaching staff. He gave them frequent “pep talks,” issued strident directives, and blew his top when irregularities occurred. Over time, he took ill more and more often, and his blood pressure became so dangerously high that he had to monitor it himself several times a day.

He learned the Silva Method and decided to change his ways. He had been arriving at school early to write directives. He now used that time to go to his alpha level in his office for 15 minutes daily. His health improved, his blood pressure went down considerably, and his staff became more cooperative and responsive.

Enter your alpha level for 15 minutes every day, and relax at 10 cycles per second brain frequency. This exercise will alleviate stress, and help to keep you healthy.

If you are too busy to enter alpha level for 15 minutes every day—then it is even more important that you make the time to do so. If you are that rushed, then you are under even more stress than usual, and need the time at alpha level even more.

After all, when stress causes your body to break down, you will be forced to find time to go to the hospital. When you make wrong decisions because of the pressure you are under and because you can’t recall vital information due to excessive stress, then you have to find time to correct your wrong decisions.

Do it right the first time. A 15-minute investment is a small price for optimum health, superior mental functioning, and gratifying relationships.

While at your alpha level, you can do countdown deepening exercises and you can daydream about peaceful scenes. These will enhance your benefits at alpha by keeping our relaxation at a deep level—brain-wave frequency of 10 cycles or less.

Programming for a situation to be corrected during this alpha session is allowable. Musing about the correct solution to a problem is allowable. But it is best to reserve most of the 15 minutes for simply being passive. Passive meditation is insulation against the stress of active concentration. Enjoy passive, peaceful scenes.

In the alpha state, you are more strongly connected to your source—the place where life energy, healing energy, and good health originate.

The Three-Fingers Technique to Prevent Stress

Every stressful situation carries negative programming with it. Fifteen minutes a day at alpha is good general protection. But it can be easily penetrated by a dressing down by your boss, a fight with your spouse, a heated argument with a neighbor. You need to do something at that very moment to ward off stress. Unfortunately, you cannot say, “Excuse me,” sit down, close your eyes, and relax.

However, you can put your thumb and next two fingers together and attempt to resolve the problem. This simple act can trigger more of your mind to go to work for you to ensure a cool head, sober thoughts, and creative solutions.

You have already programmed the Three-Fingers Technique to work for you. At that time, you programmed that whenever you put those three fingers together (on either hand), your mind would function at a deeper level of awareness. That deeper level is productive of sober thoughts and creative solutions, but it is not necessarily productive of the cool head we need in order to be insulated from stress. So now you need to add to your Three-Fingers Technique programming the phrase “... and I remain calm, cool, and in control.”

Here is how:

1. Sit in a comfortable chair and go to your alpha level in the usual way.
2. Deepen your level with a countdown or by enjoying your favorite place of relaxation, or both.

3. Put your thumb and first two fingers of either hand together and repeat mentally three times, "Every time I put these three fingers together, my mind functions at a deeper level of awareness and I remain calm, cool, and in control.
4. End your session in the usual way.

Of course, you should not wait for a stressful occurrence to do this programming. You do it now. You are then prepared for stressful eventualities.

Take a couple of minutes now. Put the book down and acquire for yourself this life-extending tool.

Use the Three-Fingers Technique when you need it, but never skip those precious 15 minutes a day at alpha.

How to Get Rid of Headaches

One of nature's most gentle warning signals that you are under stress is a headache. Headaches can be severe and cause great suffering, but they are often easy to get rid of if you use some positive programming.

Still, we will explain later in this chapter how the Silva Method can be used to combat such serious stress-related conditions as diabetes, heart disease, and even cancer.

A leading biofeedback clinic has successfully taught migraine headache victims to lessen pain by making their hands a few degrees warmer. A popular way to do this was for the patients to visualize their hands red. An audio signal would inform the patient whenever the temperature of his hands rose, thus enabling him to learn just how to picture effectively. The purpose was to increase circulation to the hands and thus reduce blood pressure in the head, which can be the major cause of pain there.

This technique seems a roundabout way of going about solving the problem. It is the mind that causes the problem. Why not change your mind instead of your hands?

I will tell you how to do this in a few moments. But since you may not be near this book when your next headache occurs, I would like you to read the instructions in such a way that you will know exactly what to do if you get a headache, no matter where you are.

Try the following:

1. Go to your level and put your three fingers together.
2. Tell yourself that when you open your eyes at the count of 3, you will read the instructions for ending headaches, you will have perfect concentration, noises will not disturb you but will help you to relax even more, and you will remember these instructions anytime you need them in the future by putting your three finger together.
3. Count to 3, open your eyes, and read the next steps. Do it now.
4. If you have a tension-type headache, enter your alpha level. Mentally tell yourself, "I have headache, I feel a headache, I don't want to have a headache, I don't want to feel a headache. I am going to count from 1 to 5, and at the count of 5, I will open my eyes, be wide awake, feeling fine and in perfect health. I will then have no headache; I will then feel no headache."
5. You will then count slowly from 1 to 3, and at the count of 3, you will remind yourself mentally, "At the count 5, I will open my eyes, be wide awake, feeling fine and in perfect health. I will then have no discomfort in my head; I will then feel no discomfort in head." Notice that we have made a change at count of 3, from ache to discomfort; we left the ache behind.
6. You will then proceed to finish counting slowly to 5, and at the count of 5, and with your eyes open, you will say to yourself mentally, "I am wide awake, feeling fine and in perfect

health. I have no discomfort in my head; I feel no discomfort in my head. And this is so.”

And the headache will instantly disappear. Remember, the mind runs the body.

With health problems, use the Silva Method under a doctor’s supervision. Your doctor is your visible means of support, but thanks to the alpha level and right-brain activation, you both have an invisible means of support—the source of all healing.

Getting Rid of Fatigue

The body is huge reservoir of energy. But the flow of energy from that reservoir can be interfered with by stress. Little events at home, away, or on the job can be stressful, interfere with energy flow, and cause fatigue.

We make a mistake, and we feel guilty. Guilty crimps our energy flow. We lose something—an object, a sale, a friend—and we feel diminished. We look at the clock and see how little time is left to do what needs to be done. We tense up. Somebody says something that is critical of us or negative. Our hackles go up. All of these may be minor stress, but they can add up to big stress and big loss of energy.

Whenever you feel tired and sleepy and you do not want to feel tired and sleepy because you are driving or because you still are on the job, here is what to do. (Of course, if you are driving a car, the first thing to do is pull over to the side of the road and turn off your motor.)

1. Go to your alpha level.
2. Tell yourself, “I’m tired and sleepy. I don’t want to be tired and sleepy. I want to be wide awake, feeling fine, full of energy and perfect health. I am going to count from 1 to 5. At the count of 5, I will open my eyes, and be full of energy, wide awake, feeling fine and in perfect health.”
3. Mentally count slowly from 1 to 3. At the count of 3, mentally remind yourself, “At the count of 5, I will open my eyes, and be full of energy, wide awake, feeling fine and in perfect health.”
4. Mentally count slowly 4, 5, open your eyes, and repeat, “I am full of energy, wide awake, feeling fine and in perfect health.”

Feel it happen—you will be “raring” to go!”

There are other unwanted “lows” that you can change to “highs” using this same method.

You can convert the morning “blahs” to morning ‘zip.’”

You can convert “down in the dumps” to “riding high.”

You can convert pessimism to optimism.

You can convert anxiety to confidence.

You can convert hopelessness to hopefulness.

Why let these stresses sap your energy and eventually your very life? Go to your alpha level and open yourself to the source of all life energy—the other side.

Thump Yourself out of a Slump

There is a quick way to bring yourself out of the brief physical slump that is often due to a lack of energy. We all have gland that controls other glands and systems—the thymus gland. We have found that by gently stimulating the thymus gland, we can feel better.

Perhaps you have a slight feeling of dizziness or malaise, or perhaps some other unwanted physical symptom begins to detract from your feeling of well being and you don't know what to do on the spot to help yourself.

Gently thumping the thymus gland frequently causes the body to normalize. Your belief in and expectation of this change for the better can catalyze an even surer and faster improvement.

The thymus is located below the front of your neck. Use your forefinger to trace the soft tissue of your neck down to where the hard chest bone begins; one inch farther down is the thymus.

Merely thumping on it with your middle finger may do the job. But we suggest that you use some Silva principles to upgrade your result:

1. Tap the thymus with your three fingers—the ones you use for the Three-Fingers Technique
2. Tap at 10 taps per second—the alpha rhythm.
3. Smile when you do it.

When you tap with your three fingers together, more of your mind participates in the correction. You have already programmed for this by practicing the Three-Fingers Technique.

When you tap at 10 taps per second, you attract alpha brain waves to the area. Ten cycles per second seems to be a universal health-producing frequency. Spiritual healers, when tested while healing, have been found to be operating at a 10 cycle brain frequency. (To tap the thymus at this speed, you must practice vibrating your hand.)

Smiling is like the tail that wags the dog. For years I have been advocating this means of making positive changes in the body. Now psychologists report that when you put a smile on your face, inner responses do indeed give you something to smile about.

Getting Help from the Other Side for Your Physician

The balance of this chapter will be devoted to helping you to heal yourself and other. Yes, whatever you can do for yourself, you can do for somebody else, even at a vast distance. For your left brain to understand and accept this seemingly impossible statement, you need to remind yourself that you have a super-conscious that is activated by going to the alpha level and that when activated participates in a universal consciousness shared by all. This is a fact of perennial wisdom found in Shamanism, which anthropologists date back thousands of years. It is also found in the Hindu tradition. The Kabbalah, and other major religions of the world.

Even scientists, who try to stay as far away from religious concepts as they can in their investigations, are now forced to accept from the data they develop that there is a spiritual basis to the material world.

I hope you accept this theory, too. It is not easy. It is as if we have been hypnotized by the physical world to believe that it really is as it appears to be. Knock on the arm of the chair in which you are sitting. It sounds solid, does it not? Yet it is full of space. There is proportionately as much space between the nucleus of an atom and the electrons that rotate around it as there is between our sun and the planets that rotate around it. We certainly do not say that our planetary system is solid.

And see that green wall? It is not green. In fact, it is anything but green. We see it as green because that is the only color it will not absorb. All the green wave lengths in light are reflected back, so the wall looks green.

The physical world has hypnotized us into thinking it is real, when it is actually an illusion with a different reality behind the illusion. Physicists study that reality. Many realize

that they need to reexamine their philosophy in order to handle the data they have on hand. Physicians are following close behind.

Dr. Larry Dossey, author of *Space, Time, and Medicine*, states, “Anyone who is aware of recent trends in medicine will realize that modern physicians—like physicists before them—have begun to deal with finer and finer forms of energy both in the diagnosis and treatment of human illness.”

In his book *Vibrational Medicine*, Dr. Richard Gerber explains that “when disease occurs, it is a sign that we are constricting the natural flow of creative consciousness and subtle life-energies through our multidimensional body/mind/spirit complexes.”

Another book, on the best-seller list for months, also points out the importance of the energy of consciousness in health. *Love, Medicine, and Miracles* by Dr. Bernie S. Siegel makes a strong case for the linking of consciousness and healing. In his introduction he states, “Remember that one generation’s miracle may be another’s scientific fact...They happen by means of an inner energy available to all of us.”

You are now in control of that energy. You can use it on yourself or you can use it on others. It is an energy that affects your material world. Whether you use it on yourself or on others, you are helping the physicians on the case with creative energy. Its source is the very source of creation itself and thus of matter. It can normalize abnormalities. It can undo the ravages of stress. It can heal.

The Silva Graduate’s Method for Correcting Health Problems

In the 32-hour Silva Mind Control training, the emphasis in the final hours is on detecting and correcting physical abnormalities. The reason for this accent on health problems is because the body is the easiest place to use the mind to make changes in the physical world. We are constantly affecting our environment, using both mental and physical means. However, since the number-one priority of our brains is survival, problems involving serious illness are the easiest for our consciousness to zero in on. Health problems are easier, for instance, than locating a lost object, or identifying which job applicant to hire, or locating a car’s mechanical defect.

We start with the easier problems and build a track record of success so that we have a high level of expectation and belief before moving on to more difficult problems.

Let me take you inside a typical Silva class at the point when the training has been completed and the students have been paired in groups of two or three to experience their new mental capabilities.

Each student has brought with him at least one “case.” A case is a person the student knows who is sick. On one side of a piece of paper, the student writes that person’s name, address, age, and sex. On the other side, he writes a brief description of the person, as you might find on a driver’s license, and of the illness or illnesses that beset that person.

One student in each pair, whom we shall call the psychic, goes to a deep alpha level. The other student, whom we shall call the orientologist, then gives the name, address, age, and sex of the case he has brought.

The psychic imagines that person and describes his or her main physical traits. The orientologist’s mouth usually begins to drop, because the description is amazingly accurate. The psychic then scans the person in his imagination until his attention is attracted to some part of the body.

“The kidneys are the trouble area.”

“That’s exactly right,” confirms the orientologist.

After a few moments, the psychic says, “Stones. I see stones in one of the kidneys. Just a minute. I’m going to crush them.” Another pause. “Okay, I have crushed the stones and saw them dissolve in the urine. I’m ending my session.”

In a moment, the psychic is back at beta and the two are animatedly discussing the case. The orientologist may phone that ill person the next day and hear the person say, “I passed those kidney stones this morning.”

Much detailed training has preceded this scene, training that is usually presented in a course. But I will describe that training to you and then give you alternate routes you can take to accomplish the same results for helping to heal yourself and others.

Endowing the Right Brain with “Signposts”

The right brain can be activated, but it cannot function as efficiently as the left brain until a subtle difficulty is corrected. The left brain has countless points of reference derived from experience and education in this physical world. The right brain, however, has very few points of reference—it has no signposts, no streets, no physical features that it can identify and use to find its way.

More than 10 hours of the Silva Method training are directed at correcting this difficulty. Points of reference in the right hemisphere are established by long conditioning cycles in which the lecturer leads the student through countless imagining exercises. All these methods borrow from our experiences and extend them in a way that adds a new dimension.

For instance, in one exercise the student projects his intelligence inside a wall in his home and imagines what it is like inside that wall. How much light is there? What is the temperature compared to outside the wall?

What does it smell like? What is the hardness of the wall material?

The hardness can be determined by actually making a fist and knocking on the inside of the imagined wall to see what kind of sound is reflected back.

The use of the hands is encouraged in these particular conditioning cycles because it helps to give the brain’s right hemisphere the support of the left hemisphere.

During these 10 hours, hundreds and hundreds of points of reference are established subjectively and the programming specifically orders that these be stored for future use. But connected to these are thousands of other reference points that the left brain has associated with them. Four metals are explored in the same way as the wall. These are lead, stainless steel, copper, and brass. We understand metals logically as being related to each other, each being a point of reference for the others. So through imagination exercise involving four metals, right-brain points of reference are set up for all metals, with which we have had left-brain experience.

As the lecturer takes the class up the ladder of evolution of matter—from inanimate matter (metals) to plants, animals, and finally humans—the right brain is endowed with all of the advantages of the left brain and is then able to function just as dependably.

Creating an Imaginary Place

The next thing we do in the Silva Method training is locate an imaginary place where we create. Again, this borrowing from left-brain procedures and experiences.

In the physical world, we have a place in which to cook, which we call the kitchen, a place to sleep, a place to watch television. We have a place to work, which we call an office, a store, a factory, or some similar name.

In the Silva Method, we create an imaginary laboratory. The lecturer helps the students go to a deeper alpha level by way of an extra countdown. There they are asked to create a room,

furnishing it in any style they want with a chair and desk and all the equipment that one would ordinarily need in a laboratory, including file cabinets, computers, tools, and medications.

Mentally picturing is aided by visualizing a “screen” on one wall of the laboratory, and finally two counselors are created. Because these counselors are a product of each student’s intelligence, they become his link to all that is, not only in the physical dimension but also in the spiritual dimension. These counselors guide him in solving problems, making decisions, and developing creative ideas. He asks his counselors for answers and starts to figure out the answers himself, and answers come where they did not come before. You have created counselors in your peaceful place. Remember to use these geniuses when you need help.

Students function comfortably and naturally in the world of the imagination—the subjective dimension—if they pretend they are in familiar surroundings. The laboratory provides these surroundings and the friendly counselors reinforce it.

This is a sensitive aspect of the training. After all, it is not a common procedure. The lecturer needs to be well versed in both the theory and practice in order to be able to answer all the questions that inevitably arise at this point and to do so to the satisfaction of the most logically oriented students.

Here, you the reader are at a disadvantage in that your inevitable questions may not be adequately covered by the text. For best results, you should take the training. But for best results in getting help from the other side, you should have access to a laboratory as well as to the counselors.

So I hereby appoint you as your own lecturer. Reread the early part of Chapter 5, in which the counselors are discussed and where you were given instructions to create them in our peaceful place. Also reread these last few pages, in which the creation of the laboratory and the counselors are described in detail. Then, I encourage you to make the decision to lead yourself through this valuable creative procedure—to create the laboratory and to re-create your counselors in your laboratory. I will summarize the steps to be taken in a few moments, but first let me describe again what happens in the final hours of the training.

By “living this” again and again through relaxed reading of the printed word, you can learn the programming procedures that you are missing by not taking a class

Inside the Silva Seminar

The typical Silva class is divided into groups of two or three students. Each student takes a turn in giving a case and in doing a case. The one who gives the case is called the orientologist. The one who goes to the laboratory level and does the case is called the psychic.

The case provided by the orientologist is the name, address, age, and sex of somebody known by him to be either mentally or physically ill. A case could also be a person who has recovered from surgery.

The orientologist asks the psychic to go to the laboratory level, greet his or her counselors, say a prayer with them, and then report readiness. Let’s sit in on a hypothetical case now.

“Okay, I’m ready.” The psychic’s eyes are closed and she is deeply relaxed, but she is able, as we all are, to carry on a conversation at this level of mind.

The orientologist then counts slowly from 10 to 1, explaining, “This is to allow your mind to adjust to the level where you will be accurate and correct in this case.

“At the count of 3,” continues the orientologist, “the image of the body of John Smith, Main Street, Cincinnati, male, age 38, will be on your screen.” The orientologist counts to three, snaps his fingers, and repeats the information.

“The image of the body of this person is now on your screen. Scan it with your intelligence up and down until you are attracted to one or more areas.”

The psychic goes to work. She “sees” this person. She is not sure who she is “seeing.” She would like to describe the man she sees, but she thinks she is merely guessing. We are all taught in school not to guess. So she keeps mum.

The orientologist encourages her to speak up. “This is a practice session. Accuracy comes with practice. You may feel as though you’re making it up. That’s the right feeling.”

The psychic says quietly, “He is tall, maybe six feet.”

It is a good start. The orientologist has the description of John Smith written down. He will show it to her later. Again, the psychic is silent. He continues to encourage her.

“You’re doing fine. Keep talking as you investigate. Tell me your impressions,” he urges.

“He is stooped over. I’m attracted to his back. Wait a minute, I’m going to check his spine.”

More silence. More encouragement to speak up.

“Yes, there’s a problem with his spine,” she says. “I guess you call it a herniated disc. I’m going to fix it up.”

Now the silence is relieved by hand movements as she imagines correcting this abnormality. Soon she says, “I see him perfect. I’m ending my session.”

“Good,” says the orientologist. “Every time you enter the dimension with the sincere desire to help humanity, you will be helping yourself, and you’ll become more accurate every time.”

The psychic thanks her counselors, says a farewell prayer, and comes out. She and the orientologist then discuss the case animatedly.

A few days later, the orientologist may telephone his friend John Smith in Cincinnati and hear him say, “You remember my back problem? Well, in the last few days, it seems to have corrected itself.”

Does the orientologist tell John what happened and take the credit? Not a word, because...

The credit belongs to the other side,

Helping to Heal

We encourage our graduates to work on health cases before working on other human problems, such as those involving money and love. The reason, as we’ve said before, is that survival is at the top of the brain’s priorities—it zeroes right in on life-threatening physical problems.

That is why this health chapter comes first—health is easiest.

You can put yourself on your laboratory screen and help yourself to heal just as if you were another person.

After you have practiced doing several dozen cases and correctly detected the patients’ problems, you will begin to be more confident. Confidence leads to accuracy. You will then be able to better work on more difficult human problems and you will be confident that you are detecting accurate information rather than “making it up.”

Later, you will be able to go on to other kinds of cases involving animals, plants, even inanimate matter.

Always work on real problems, never make-believe ones. Your brain neurons know the difference, and they do not play games.

How do you correct a real health problem? Any way that comes to mind. You can crush a gallstone with your fingers, sew up a wound, erase spots on the lungs. The last mental step should always be a picture of the person (or yourself) in perfect health, with no more evidence of the problem.

What you are “seeing” in your laboratory is not the physical body but rather the energy body of the person. What you are adjusting is that energy body. Since it is the mold for the physical body, when you correct the mold, you correct the body. Change the cause, and the effect changes, via the other side.

Train Yourself to Be a Healer

Training to be a healer is the part of the Silva Mind Control training that is most difficult to self-administer. But history is replete with stories of great healers who taught themselves. Healing is a natural ability that we all have when we activate centered thinking. It is natural because we are co-creators with the Creator, and how good would creation be if we could botch it up with negative and stressful thinking, but could not fix it back up with positive, creative thinking?

Here is the best substitute I can offer for the formal training: reread the first part of Chapter V dealing with the laboratory and counselors and also reread this chapter on health problems. Again, this rereading will provide a number of repetitions. Repetitions in the relaxed mental posture that reading comprises begin the programming process and help you to train yourself.

Here is that training. It is in broad terms, as it involves your taking broad steps. It is not the student’s step-by-step how-to. Rather, it is a teacher’s class outline, as you are now your own teacher.

After you have completed the rereading, practice the following exercises. Take time with each and do not proceed to the next until you are satisfied you are ready for it:

1. Relax and take imaginary trips into a human body, the body of someone whose face you can remember easily. Study the bones, brain, heart, liver, pancreas, kidneys, and other vital organs. Repeat several times.
2. Relax and deepen your relaxation. You may want to count backward from 10 to 1 or 25 to 1. Later, you will repeat whatever method you used to deepen to go to your laboratory level, because you will now create a laboratory. Start with the room, decorating it any way you wish. Put a mental screen, where you will examine yourself or others, on what you decide is the south wall. You will want a desk and chair, clock, perpetual calendar, and tools and equipment of all kinds, as well as a variety of chemicals and medications.
3. If you have already created counselors in your peaceful place, as instructed in Chapter 5, you will relocate them now to your laboratory. If not, decide who you want as counselors, a male and a female, anybody from the past or present whom you respect or even an imaginary character. Create a door that slides down into the floor and that you can control from buttons in the armrest of your chair. Open the door slowly and invite the male counselor in. Create him. Imagine him. Do the same for your female counselor.
4. Do cases by entering your laboratory (see step 2), greeting your counselors, saying a welcome prayer, then putting the person who needs your help on the screen. Detect the problem and correct it. Thank your counselors, say a farewell prayer, and count up, the inverse of the way you counted down.

I welcome you to your status as co-creator. The other side is probably celebrating, too—one more soul helping to make this a better world in which to live.

Chapter 10 - Help from the Other Side for Business Success

Awake or asleep, businessmen and woman can get help from the other side. Answers come. Solutions take shape. People become more productive. Output increases. Quality improves. Profits go up. Awake, it happens when you apply the Silva Method as we will outline in this chapter. Asleep, it happens when you order a dream to help you extricate yourself from some unwanted situation. No matter when it comes, awake or asleep, you know it. You'll find yourself saying or thinking, "Aha!" Businesspeople are ready to use more of their minds.

In its study of changing attitudes, the Institute of Noetic Sciences cited an increased openness among businesspeople, even the "tough-minded" sort, about the role of intuition in good decision making.

As if echoing this change, the International Management Institute (IMI) sponsored an Intuition Round Table in Geneva, Switzerland, in mid-1988. Dr. Juan F. Rada, director general of IMI, explained, "We want to find out what intuition may be, what it means for business, whether it can be enhanced, and whether it can assist managers and corporations as we head for the twenty-first century."

Executives from many large international companies attended the meeting. Also present was representative of the Silva Method organization, Dr. George De Sau, who was able to share the Silva experience, especially from the vantage point of his area of expertise—psychology.

What came out of this, the first of what promises to be a series of Intuition Round Tables, is a worldwide research program into the nature of intuition and its role in business decision-making involving more than 10,000 businesspeople. The two-year investigation has the support of a number of multinational companies and is expected to tap resources in the neurosciences, psychology, the medical profession, philosophy, and the human sciences.

At the first round table, conferees heard their members tell of case after case of "unexplainable" experiences. These involved sudden insight, coincidence, and serendipity. (Don't you agree that these spell "t-h-e o-t-h-e-r s-i-d-e?") Some of the differing views bordered on the spiritual; intuition was termed at one extreme a skill that can be trained and developed, and at the other extreme "a state of being, a level of consciousness."

One subgroup that was formed at the Geneva meeting has called itself an "entrepreneurial incubation study" group. This group is going to explore whether "incubators" can be included in corporate organizations.

Incubators are individuals whose job it will be to encourage and support people who use intuition and the creative process.

Suffice it to say that business is beginning to understand that traditional ways of thinking and communicating may no longer be enough, and that intuition may be the answer to improving all aspects of the workplace.

Did you ever watch a "hidden ball" play in football and see the defense get fooled? Did you want to yell out to them, "Hey, that runner has the ball!" That's the way Dr. George De Sau felt at the international meeting: everybody going out to look for the ball, and all the while he knew where it was. All of us in Silva Mind Control feel that same frustration. But we're also confident that the other side knows what it is doing.

A Collective Blind Spot

A survey was conducted in the mid-1970s on the quality of American life. One question, in effect, was: "Have you ever had the feeling that you were very close to a strong spiritual force that seemed to lift you out of yourself?"

This experience had happened at least once to 40 percent of the subjects, several times to 20 percent, and often to 5 percent of those surveyed.

When queried further, these people admitted that hardly any of them had talked about their spiritual experience with a minister, rabbi, or priest. Most felt the clergy would think they were “crazy.” What is it about our way of life that even in religious circles we are uncomfortable about discussing a spiritual “contact?” There seems to be a collective blind spot in the Western world. One might accept it among business circles, even psychological and medical circles, but religious circles?

Perhaps this blind spot explains why there is a current fad in “channeling,” popularized by Shirley MacLaine. More and more people are finding that they can “channel” some voice from the other side. This voice purports to answer questions while the channeler is in a trancelike state. A controversy inevitably arises over whether the channeler is genuine or merely acting.

There can be no controversy over our divine self. You do not have to defend it against disbelievers. You do not even have to talk about it. You can circumvent the collective blind spot and be a “closet” sage, by regularly going to alpha.

One graduate lived such a busy life both domestically and professionally that she was never free of skeptical family members or associates. To be at alpha, she had to retreat to the bathroom. It was her only chance for a moment of privacy.

Chants, ouija boards, channeling, and other approaches may come and go, but the alpha access to the right brain will go on forever. The alpha level is your dependable contact with higher problem-solving intelligence.

Starting the Silva Course

I started researching the Silva Method in 1944. I did not train the first commercial class until 1966. During that time I had developed a profitable electronics business based largely on the fast-growing television industry and homeowner’s need for TV antennas.

The first Silva Method class came about indirectly as a result of some lectures I gave to psychology classes at Texas College. A Mr. Dord Fitz called me and invited me to come to Amarillo to speak to members of the Area Arts Association. He had heard about my lectures at Texas College and wanted his art students to know about the research. He offered to pay my expenses but no fee. I accepted. We set a date in October 1966.

I intuitively felt that artists, who naturally use their right hemisphere more than most people, would be good prospects for the training I had in mind. About 90 people attended my lecture. Almost all of them made a commitment to take the training if I returned, and to pay some tuition.

It is an all-day trip from Laredo to Amarillo, so I went by Greyhound bus. I made many such trips, because I presented only one segment of the total training at a time. I started to train the group in Amarillo in October, and successfully completed the training in January 1967.

After I completed that first commercial class, several of the graduates became instructors, and some are still actively helping us train groups today.

As soon as I finished training that first group, another group formed of friends and relatives of members of the first group. So many people heard of our training and wanted to take it that I started going to Amarillo twice a month. Then people in Lubbock also wanted the training, so I started going to Lubbock on a regular schedule. I was in business.

But the most enjoyment facet to the lecturing was not the money. The pleasure came from seeing people’s faces light up when they suddenly realized, “It works!” I still get a very special kind of joy, which is hard to describe to anyone who has not experienced it, when I see how participants in the training so often make an about-face. They reach the point where they

know for themselves, through their own direct experience, that they are capable of great, spiritual things.

Those are the facts. You will notice that there was no customary business “game plan.” No marketing survey. No advertising campaign. None of the usual steps taken by a strictly left-brained entrepreneur. I must have been clairvoyant.

My business experience is not an argument against prudent preparations in business; it is an argument in favor of right-brain participation. The two hemispheres make splendid business partners, and nothing in this chapter should be taken to be anti-Harvard Business School, so to speak. In this fast-changing world, businesspeople need to add right-brain functioning to their ongoing left-brain skills in order to survive.

Using the Silva Method in Your Business

A chemical engineer is attempting to manufacture a synthetic blood vessel that the human body will not reject. After months of trial and error, he orders a dream to solve the problem. He dreams a formula, writes it down, and it is successful.

An insurance agent cannot get a return appointment to see a prime customer. He uses subjective communication to convince both the customer and the customer’s protective secretary that it would be to the customer’s advantage to see him. He calls on the company, is given an immediate appointment, and makes the sale.

A manager in a chain operation attends a high-level meeting of other managers in the chain. A difficult problem common to all is discussed—one of those damned-if-you-do-and-damned-if-you-don’t situations. The manager puts his three fingers together and comes up with a proposal; it is unanimously accepted and proves successful.

Dream control, subjective communication, and the Three-Fingers Technique—are these the only applications of the Silva Method in business? No, every Silva Method technique has business applications. In this chapter we will identify the business applications for techniques already presented, give you a brief roundup of these techniques, and at the same time open up new avenues for their use.

What about competition? I am frequently asked what happens when two people are programming for the same thing, such as selling competing products to a company; what determines who wins? If both are sincere and are programming with equal ability as to depth of alpha, mental picturing, and their expectation and belief, then it appears to me that the one who deserves it the most will succeed. The one who deserves it the most is the one who has the best record of correcting problems rather than causing them and of helping to make this a better world.

We earn merit by helping people, and by helping to correct problems on this planet of ours. It is something like people programming to win a lottery. Many people promise to give half of the money to charity if they win the lottery. But fail to see what is more important: what they have done previously with money they have already received.

Promises do not count as much as action. “By their fruits ye shall know them,” says the Bible. We are judged by our actions, so if you take action right now to do all that you can to help make our world better, chances are you will be even more successful in the future, because you will have even more help from the other side.

A Silva Success Story

I would like to let a graduate of the Silva Method tell her own story. She is Paulette T. of Oklahoma:

I was a hairdresser for years prior to my present job of collector in the business office at St. Anthony Hospital.

The only correlation between hairdresser and collector is that they both deal with people. I share this with you because I think it is relevant to my success story.

I started working at the hospital business office in June 1980 as a dismissal clerk. As dismissal clerk, I dealt with patients when they were being discharged. I collected the difference between their total bill and what their insurance paid, plus a lot more.

Nobody likes to be asked for money when they are sick or hurting, so you have some idea what I was up against.

After going through the Silva Training course, I began using my Mirror of the Mind technique and picturing every patient surrounded by love. Then I saw myself asking the patient to give whatever it was I needed to complete the dismissal.

The majority of the patients responded with kindness and cooperation. As a result, my collections began increasing and I got a promotion.

In August 1983, I carried all my techniques to a new job as I was promoted to collector. The job as a collector was not only a pay raise, but also a huge responsibility.

I am now responsible for approximately \$100,000 in billing in my portion of the alphabet, A through F. This is an average of 725 accounts. My job consists of collecting money after all insurance and other benefits have been paid and the patient has left the hospital. Most of my collecting is done over the phone, and I have to be prepared to handle many different situations at all times.

Each time I pick up the phone to call on an account, I use my Mirror of the Mind Technique. In my blue-framed mirror, I picture myself reviewing the file, seeing the problem or reason why I have this account, getting a good visual picture straight ahead.

I then picture the solution to the left in my white-framed mirror, whatever may be necessary to complete this patient's file and get his account paid in full.

I keep this white-framed solution in my mind all the time I am on the phone. It helps me to say the right words to the patient and make him want to pay his bill and feel good about it.

Since I became a collector seven months ago (with no previous experience), I have been the top collector in the office every month. My supervisor called me into her office the other day and expressed her happiness with the job I have been doing.

A postscript: Paulette T. received another promotion shortly after writing this. Question: Who was responsible for the promotion? Her supervisor or her supervisor?

Changing Your Thinking from Negative to Positive

When you plant seeds in the subjective dimension, you reap harvests in the objective dimension.

We all know that when you plant carrot seeds, you reap carrots; bean seeds, you reap beans.

When you devote your meditation to musing about your business problems, what seeds are you planting?

That's right. Your physical-world crop will be the very problems you relax and muse about. You are using your creative energy to reinforce unwanted situations.

It is easy for me to tell you to turn your thinking around, to muse and meditate about solutions. You will then create advantageous situations. And what a change in your profit-and loss statement!

But I'd be wasting my time telling you to turn your thinking around, because you are programmed to think the way you do. You cannot turn it around merely by desiring to do so.

You have to reprogram.

We have an extremely successful formula-type technique in the Silva Method called the Mirror of the Mind. The Mirror of the Mind reduces the three-picture method of programming to two pictures, but adds a new feature. The feature is an imaginary mirror. When you go to your alpha level and picture this mirror, you can make it as small or as large as you want so that it can encompass a person or persons, a small scene or a large scene. This mirror has a frame around it that can change color—from dark blue to brilliant white

The blue-framed mirror is used to identify the problem. The white-framed mirror is used to see the problem solved or the goal reached.

Here is the step-by-step procedure:

1. Go to alpha level in the usual way.
2. Imagine that you see the problem in the blue-framed mirror. Make a brief study of it.
3. Erase the problem image, move the mirror slightly to the left, and change the frame to white.
4. Imagine you see the problem solved, or the goal reached, in the white-framed mirror.
5. End your session in the usual way.
6. Whenever you think of the project from here on, see it as the solution framed in white.

Let me make some comments on steps 3, 4, and 6. In step 3, you are asked to move the mirror slightly to the left. We have found, as mentioned earlier, that there is a natural tendency for individuals at the alpha level to the left.

In step 4, you asked to see the problem solved or the goal reached. This should be done in as broad a way as possible. You do not want to program for the problem to be solved in a particular way; all you want is a solution.

For instance, if you were a real estate agent and the problem was to sell a house, you would not visualize Mr. and Mrs. Jones, whom you know are house hunting, walking up to the house, key in hand. It would be more representative of the solution you seek to see, instead, a sold sign on the house with your name as the agent.

You tie the hands of Higher Intelligence when you are specific about the way the goal is to be reached. Just see the solution, let the other side come up with the “way.” Another reason the Jones picture is inadvisable is that any such programming for a solution to your problem that creates a problem for someone else is not likely to succeed. The house may be too big or too small or too expensive for the Joneses. We cannot create problems with the Silva Method, only solutions.

The “Death Wish” and How to Eliminate It

B.J.’s father was a top government official in his country. B.J. himself was an extremely successful farmer, but then he decided to immigrate to the United States. In no time, he had become a rich entrepreneur, but he let somebody else run the company and that person milked the business of its assets.

B.J. then turned to real estate. He began to make sales. Then along came a sale of the sort most real estate people dream; it meant over a million dollars in commissions, but B.J. found himself making proposals that could only kill the transaction. It was then that he decided to take the Silva Method training, because he realized he had the equivalent of a “death wish” in business. He was used to programming for failure.

While at the alpha level, B.J. remembered his father calling him a good-for-nothing and similar names. He reprogrammed his own self-esteem and self-worth just in time to salvage the lucrative property sale.

People frequently feel that they do not really deserve the fruits of success. They unconsciously put up barriers to the recognition, the money, and the other rewards that success brings.

A poor self-image is like a prison of our own making; it is the concrete and mortar of parental put-downs, low marks at school, disappointing bank statements, and other limiting factors of the physical world.

Most people live their entire lives in that restrictive prison. But then somebody will take the Silva Method training and find that the prison door was never locked and he can now walk out into a world of horizons of health, wealth, love, and joy.

How do you use the Silva Method to eliminate the “death wish” and other self-deprecating limitations? The answer is obviously to feel good about yourself, to feel worthy of abundance, and to feel you deserve the best in life.

A cartoon once showed a psychiatrist saying to a patient, “The reason you have an inferiority complex is that you are inferior.” Only in a cartoon. We all have untapped potential awaiting discovery. The Silva Method helps it to surface. Here are several positive steps you can take now to accelerate that discovery and, in turn, accelerate your business success.

1. Do the self-forgiveness exercise again. Invite yourself into your peaceful place as you did before. Forgive yourself for all mistakes and apparent shortcomings.
2. Do as many of the “good guy” activities recommended in Chapter VII as possible. When you help others, you help yourself. You increase your feeling of deservedness.
3. Use the Mirror of the Mind. See yourself in the blue framed as you are now, not “making it.” Erase the image. Move the mirror slightly to the left, change the frame to white, and see yourself as a successful business genius. From then on, whenever you are impatient or concerned see yourself as the epitome of success, framed in white.
4. Go to your alpha level daily and give yourself a positive affirmation, custom-built for your own situation, or use Silva’s universally applicable one: “Every day in every way, I’m getting, better, better, and better.”

Business Applications of the Three-Fingers Technique

Is a deeper level of awareness an asset in business? Color it green, as in money.

Looking for the source of an insidious quality slip-up? Put your three fingers together as you look.

Deciding to whom to delegate certain responsibilities? Put your three fingers together as you think about it.

Proofreading a report for typos? Keep your three fingers together as you check.

Involved in a sudden emergency where quick mental action is needed? There fingers together.

You can reinforce the Three-Fingers Technique for special situations, when you know about them ahead of time. You can add to the phrase “my mind functions at a deeper level of awareness” such focused applications as:

“...so that I say the right thing at the right time at the staff meeting.”

“...so that I will have greater concentration when I read this report and will remember anything in it later with the Three-Fingers Technique.”

“...so that I will make the correct choice when examining the samples.”

You can use the Three-Fingers Technique to assist you in developing your alpha functioning. At night, before going to sleep, program yourself to awaken automatically at the ideal time to program. Stay at your level and go to sleep.

When you awaken during the night or in the morning, enter your level again and bring together the tips of the first two fingers and thumbs of both hands. Then program that whenever you bring together the tips of the first two fingers and thumbs of both hands, you will have superior alpha functioning and be aware of information from the subjective dimension that will help you correct problems.

The more you practice entering the alpha level this way, the more effective you will be, and you will experience success in your endeavors.

B. S. went to Athens, Greece, on business. Since he had to be there for more than month, he arranged for a furnished apartment to be ready for him. When he saw the apartment, it was a great disappointment—dark, small, on a noisy street. He rejected it. On the spot, he went to his alpha level and programmed that whenever he put his three fingers together, “I will do what is necessary to find an acceptable apartment.” Within 24 hours he found a lovely apartment on a tree-lined, dead-end street, owned by a Silva graduate who had put her three fingers together to find a suitable tenant!

Coincidence? Or help from the other side?

Benefiting from Alpha Naturally in the Business World

You can learn to have alpha functioning virtually all the time and be certain that most of your decisions will be correct ones if you follow a simple formula. Let me explain, and give you the formula.

During the day, your brain dips into the alpha level an average of about 30 times per minute. This happens naturally, and it seems to happen for everybody. But the time in alpha is very short, only microseconds. In all, your brain may be in alpha five seconds out of every minute. It is during these times that people are able to be certain of making good decisions. Maybe that is why the average person, who does not know how to function at alpha consciously when he desires to, is correct only 20 percent of the time. When you learn the Silva Method, you can be correct at the alpha level more often, probably four times out of five.

It is not always convenient to find a quiet place where you can relax mentally and physically and enter your alpha level. Fortunately, you can still increase your ability to get the alpha advantage. When you have had an experience functioning at alpha consciously while you are mentally and physically relaxed, then you will also increase your ability to function correctly during the day when your brain is primarily at beta. As you consciously stay at alpha for longer periods of time, you get acquainted with alpha and get a feeling for it. Then later on, you can simply evoke the feeling, and you will have alpha functioning even at beta. Your mental level will be the equivalent of being at 10 cycles brain frequency. In other words, you are functioning in the spiritual world, as though the brain were on 10 cycles, because you have found the door and practiced using it consciously. You get the benefits now of 10 cycle functioning even when your brain is functioning at beta 55 seconds out of each minute.

An untrained person will receive very little benefit from those 30 brief trips of alpha each minute, but a trained person such as yourself, who is accustomed to functioning at alpha, will get greater benefit by perceiving more of the intuitive message from the other side.

You can stay at alpha consciously for long periods whenever you need to, to spend time analyzing problems from various perspectives and programming solutions. But often it is not necessary to spend a great deal of time at alpha. When you are talking with someone, you can simply desire to be more sensitive to that person, and you will be exactly that—provided you have practiced and developed your ability.

To review the simple formula for developing this ability: First, learn to go to the alpha level and function there consciously. Second, use your abilities to help correct problems on the

planet, to help make this earth a better place to live. When you do these two things, you will enjoy more and more prosperity in all areas of your life.

Benefiting in Business Though Subjective Communication

Subjective communication—“talking” to somebody without speaking a single word—has daily applications in business life. It is not meant to be a substitute for objective communication—speaking, phoning, faxing, or writing—but is an important adjunct to it.

Subjective communication transcends time and space, providing it is used with compassion. Whenever businessmen hear about the possible uses of subjective communication, their eyes open wide with the expectation of controlling potential customers, tough competitors, and uncooperative colleagues. Then comes the “bad” news: subjective communication must be used with love and compassion for it to work. That’s when they lose interest.

That is really not bad news. There does not have to be polarity between you and our customers, competitors, or colleagues. The person who feels he is on the other side of a fence creates just such an isolation. Business life then becomes replete with arguments, opposite, roadblocks, snags, and Catch-22s.

When you widen your circle of compassion and consider yourself and others in the business world as one big family, your business life becomes less of a dog-eat-dog rat race, if you’ll allow me a mixed metaphor. Instead, you enjoy more harmonious relationships and smoother sailing.

Less twoness, and more oneness, means fewer left-brain approaches and more right-brain approaches. As you activate the right brain and become centered in your thinking, you gain a new partner—Higher Intelligence.

What would happen if you went to your alpha level, pictured your toughest competitor, and said mentally, “Brother, wouldn’t it be better for both of us if we refrained from calling each other names and knocking each other’s product? We’d both do better.” You would both do better.

How about such a Higher Self to Higher Self conversation when there is a labor-management problem? You appeal for what is right, not who is right, and there is a fast resolution of the problem.

Are there advantageous ways to talk subjectively to your supervisor or subordinates? Every day.

I should not be spelling out applications, since I cannot come close to covering the field. For every objective communication that does not bring desired results, there is a subjective communication approach that will.

Scientific evidence for subjective communication was provided in Mexico recently when electroencephalograph (EEG) studies were made in a controlled way of pairs of individuals who were asked to communicate with each other merely by being silently aware of their partner’s presence.

The experimenters recorded a more synchronous activity than usual between the individuals’ left and right brain hemispheres. Next, there was an increased similarity in the brain-wave patterns of the paired individuals. By studying the EEG patterns, the scientists were able to identify which individuals were partners in 70 percent of the cases.

During control sessions when subjects sat in isolation before and after the paired session, subjects showed no increased synchrony between their own brain hemispheres or with one another.

When you relax and visualize a person, your right brain is in touch with their right brain. The route of the actual “connection” may be difficult for us to trace. It goes via the Higher Self,

and that means via the non-physical world. Higher Self to Higher Self can be considered a sort of spiritual “fax.”

Using the Mental Laboratory in Your Work

For businesspeople who are considering the creation of a mental laboratory as described in the previous chapter, the potential for problem solving and profit boosting is immense. The very fact that counselors have been created in or moved into the laboratory gives you access to genius-level consultants able to provide inspired advice at a moment’s notice.

If males are involved in the situation in question, ask your male counselor for advice; if females, ask your female counselor. If both sexes are involved, ask each in turn. If neither sex is involved and it is not a people-oriented problem, ask either.

The way to ask is to frame the question so that a one- or two- word answer is possible. After you have asked the question, disconnect. That is, start to think by yourself about the possible solutions. An answer will come. It will feel like guessing. That is the proper feeling; it is your counselor’s answer. Where does he or she get the answer? By now you should know the answer to that question—the other side.

But let’s say your female counselor is Florence Nightingale, and you want to know whether to manufacture long skirts or short skirts in the coming season. Florence Nightingale was a nurse. How could she possibly know anything about fashion?

The answer is, she could, because you have created her as your link to Higher Intelligence, where the answer resides. But if you think she can’t, your negative thoughts are an equal factor in the total picture. Your lack of belief in Florence Nightingale is negating her value to you.

The best thing to do is to create another counselor in whom you do have implicit faith and belief. Here is how.

You do not have to fire Florence Nightingale as your counselor; instead you can invite a temporary counselor into your laboratory to help solve this particular problem. The choice is yours. Who is the top fashion critic in your part of the country? Invite her into your laboratory—via the same elevator like compartment—and get expert advice, free of charge.

In order to improve communications with an untried counselor, you may want to use a powerful Silva technique: Ask the question. Then take the counselor’s head and put it over your own as if it were a helmet. The thoughts and/or feelings that come are your counselor’s. Be sure to take the “helmet” off and immediately give it back.

Can you imagine all the expertise to which you now have access? Top management experts, financial wizards, legal eagles, even your competitors.

You may be asking, “Is it unethical to do this?” I don’t think so. If we are to live oneness, everything we do in this world that reflects that oneness is sound.

A proprietor of a shoe store in grandiose new shopping mall was losing money. So were some other storekeepers right next to him in the mall. They had to close. When the man heard that two of the empty stores would be taken over by shoe outlets, he was ready to quit. How could three shoe stores in the area eke out a living when one was not able to do so?

When the other stores opened on either side of him, much to his surprise, business improved. All three stores did well. His volume tripled. The three shoe stores together were acting as a magnet to attract shoe customers from a wider area.

Togetherness is natural. It is the *modus operandi* of the other side.

More Ways to Get Business Help

Jack K. listened to soft classical music whenever he brought work home. Since they both preferred more popular music, his wife could not understand why. Neither could Jack—but he knew it helped his comprehension and retention. What Jack did not know was that the soft harmonies were stimulating his right brain hemisphere.

You have an even better way to stimulate your right brain—the alpha level. You will drift out as you read, but you can program yourself to keep functioning at alpha just by putting your three fingers together. Try to work the Three-Finger Technique into your business life. When writing a report, if you hit a roadblock, put your three fingers together and the way around it will come to you. If you have to speak before a group, put your three fingers together and your words will become more meaningful and the right ideas will surface.

Going to alpha at your desk soon will no longer require deep breaths or countdowns. You need only defocus your eyes—taking them off visual stimuli by turning them slightly up—to trigger alpha. Daydreaming will also trigger alpha, and you will be creating your daydreams to solve problems.

Moments at alpha behind your desk can equal hours at beta. At alpha, you become a super-idea generator. That playful sign “Genius at Work” becomes a fact. You are able to be clairvoyant in wrestling with future contingencies, establishing inventories, making acquisitions, and handling day-to-day snags. All the skills that I have just attributed to you are merely manifesting through you. You have an invisible means of support, an unseen partner.

When would you say that the two potentially most profitable minutes of the day might occur? The answer: when you put your feet on the floor in the morning. This is the start of the day for you, and it is the best time to program for a perfect day because you still relaxed, even sleepy. Sit on the side of the bed. Go to your alpha level in the usual way. See your place of business. Put a clock in the picture. It says eight o’clock, or whatever hour you start your business day. Play a mental movie. Everything is going smoothly; workers are in good spirits; the day is off to a good start.

Mentally turn the clock forward an hour. Your mental movie depicts continual progress—matters are ahead of schedule; new contacts are successful.

Continue moving the clock ahead hour by hour as mental movie shows fortuitous events, fruitful phone calls, and a perfect day.

These are the two most profitable minutes because they are creative of what you picture. They not only program you to make it so, but, because you are one via the other side with all the seemingly separate people in your day, they also program those others accordingly. We at Silva headquarters in Laredo, Texas, know it works. We do it.

Before a person can grow beautiful roses in his garden, that person must grow beautiful roses in his mind.

Before an architect can design an exquisite building, he must have an exquisite building in his mind.

Before an artist can produce an attractive painting, the artist must mentally see such a painting.

For an event to occur in the world of matter—your office, your store, your factory—it must happen first in the pictures of your mind.

Chapter 11 - Help from the Other Side for Life's More Difficult Problems

You now have the whole story. I have not left out any essential ingredients. You can now feast on the fruits of centered thinking. What remains is effectiveness in programming so that you can handle emergencies, crises, quandaries, and other exigencies with help from the other side. We will cover this now. And in the final chapter, we will cover how to keep your ship of life on a steady course, guiding it with the help of the steady hand of Higher Intelligence.

There are many more chapters to come, not in this book, and probably not by me. We are only on the threshold of closing the gap between ourselves and our source. As more research and experience yield more pragmatic knowledge and wisdom, that wisdom will appear in more books. It may even be taught in schools. Can you see the course listing? “Working with Higher Intelligence.”

Advances in the health field provide a glimpse into how rapidly we are progressing in that direction. Ecology may be second in line. Bringing up the rear will probably be politics and diplomacy.

It is not hard to find health conferences in which all the jigsaw pieces of the brain and body are avidly studied in order to piece together the puzzle. One such conference held in Las Vegas in 1988 included such strange bedfellows as German researchers of allergy therapies, Russian researchers of negative ions, Oriental practitioners of psychoneuro-immunology, experts in African herbal remedies, doctors using traditional Chinese medicine, and physicians involved with vibrational healing, homeopathy, Ayurvedic medicine, acupuncture, and bioenergetic therapies. When they get all these pieces together, wouldn't it be interesting if the picture turned out to be the face of God?

It was Winston Churchill who said, “Men occasionally stumble over the truth, but most of them pick themselves up and hurry off as if nothing happened.” The alpha level is a case in point. I cannot understand why all the peoples of the world have not discovered it to be a panacea for the planet's problems.

Go to alpha and you are plugged in to the Creator of the planet. Can there possibly be a better way?

Coping with the Loss of a Loved One

One of the greatest shocks to befall any person is the sudden loss of somebody loved. It could be separation from a lover or spouse; or it could be the passing on of a close friend or member of the family.

The first inclination is to feel like a victim or a martyr. To feel sorry for yourself creates a sorrier you. Your first thoughts should instead be how to restore your life to its former usefulness. Change negative thoughts into positive thoughts.

There is a Silva Method technique designed to do exactly that—the Mirror of the Mind. Don't force it. Don't rush it. But be aware of your thoughts. That is that way to work through your grief. As you become aware of your thoughts, you will recognize them as morose, negative, futile. The mind is above that, and once it sees itself in the mirror of your awareness, the desire to switch polarity begins to magnify. It starts with your willingness to let go. It gathers momentum with constructive thought replacements. It wins out by your realization that your life must go on.

Now you are able to see in what directions you can move. Now you can picture the goal in the white-framed mirror. You are also able to direct your thoughts to the positive aspects of the situation. Yes, it has taught you how to better cope with adversity, to know yourself better,

and to understand the pain other experience in similar loss situations. But it has also helped you to grow and to become more the person you need to be.

Read this paragraph again. Put the book down. Go to your alpha level and let pictures flow about the positive aftereffects of your loss. You may also wish to make a positive affirmation to program yourself for continued emergence from the ordeal.

If it has been the death of a dear one, you might use this affirmation: "I have the strength to rise above this loss. Every day in every way I get stronger and stronger and function better and better."

And you might consider this one, if it applies: "The past is gone. The future lies ahead. I have the freedom to choose from many opportunities to make my life creative, productive, and joyous."

Or this "I am calm, strong, and secure. I survive loss because I am in control. I am safe, happy, and confident."

If the loss has been a separation or the discontinuance of a relationship with a loved one, then this affirmation might be one to consider: "If you can do without me, I can do without you. Every minute that passes from this minute on closes this door and opens another."

The best affirmation is one that you create to fit your situation. Remember the letters POS. Your affirmation should be positive, positioning, and possible. It should be upbeat, directional, and within reach.

Sometimes we resent the person's departure, even in death. Resentment is going to take its toll on you. Remove it now by going to your alpha level and seeking mutual forgiveness. It is never too late for forgiveness.

Coping with Fear

The loss of a dear one can make life seem so bleak and the world seem so empty. Yet a year afterward, the grief is long gone and a colorful life has returned. Not so with fear. While time may dissipate grief, it can strengthen fear. Life offers us an abundant choice of fears and phobias. Generally speaking, we all have the choice to be afraid of poverty, failure, loneliness, insecurity, prejudice, authority, and so on. More specifically, we can develop a gnawing fear of flying, of elevators, of closed spaces, of insects, of dirt, of the dark, of speaking in public, of high places, of dogs. More than a hundred common phobias have been identified and given scientific names.

Fear stifles joy. Anything that deprives us of joy in life is a serious problem. There are three steps needed to dissipate fears and phobias:

1. Admit to it.
2. Understand it.
3. Reprogram.

Let's look at each of these steps in turn.

1. We tend to wallow in fear as if it were not merely a fear but a valid threat. Relax and confront these so-called valid threats and give them a name. Admit to being afraid (of cockroaches, of prejudice, of meeting new people—whatever).
2. Understanding your fear is best accomplished by digging out the cause. You can be your own psychoanalyst by going to your alpha level and asking yourself what is the cause of these negative thoughts. Let your mind wander wherever it will. It may take you back to when Uncle Eddie dunked you in the pool as a child. You thought you were drowning, but Uncle Eddie was just teaching you to swim. And you've been afraid of the water ever since.

3. With understanding, the reprogramming has already begun. In the above example, your right brain responds to your new understanding by saying, "We've got this misfiled. Switch it from survival to memory." Now you are ready to substitute new behavior for the old with positive, affirmative programming. Go to your alpha level and give yourself new instructions.

Some of these new instructions are suggested below. Maybe you can use one directly or adapt it for your particular situation.

Fear of Meeting New People. "It is fun to meet people. I gain by meeting them. I am thoroughly relaxed when I meet new people."

Fear of Elevators. "I know elevators are safe. I use them confidently."

Fear of High Places. "I concentrate on the sound-ness and stability of where I am standing. The height expands my horizons and lengthens my view. I find it interesting. I am comfortable."

Fear of Insects and Rodents. "Insects and rodents fear me. I have nothing to fear from them."

Fear of Poverty. "I am surrounded by people who care. I will always have the necessities of life. I have an invisible means of support."

Say your affirmation three times while at the alpha level, and do so once a day until you no longer have the problem.

If you must custom-build your own affirmation, follow these three simple rules:

1. The instructions you give yourself should be positive.
2. State a fact that belies the fear or contradicts its validity in some way.
3. Assert your relaxed confidence.

Check the examples given above to see how these three rules have been applied. This will help you to construct an affirmation on target for your fear or phobia, and it will disappear. Without fear, life has a new and beautiful face.

Coping with Catch-22s

If you are relaxing deeply and mentally picturing in a realistic way...

If you are confident in the Silva Method and know that you are programming successfully...

If you are helping other people to solve their problems as well as working to solve your own...

If you bear no grudges or hates or hostilities and have forgiven everyone in your life past and present...

If you are aware of the existence of your Higher Self, albeit dimly, and of the existence of Higher Intelligence...

Then you can lick the problems of the physical world. There is no problem that is insoluble and no goal that is unreachable for you. So many catastrophic illnesses have turned into "miracles." So many rivals-to-the-death have become closest friends. So many apparently unattainable results have manifested in unexpected ways. One is forced to sit back totally confounded by the intelligence, power, and love on the other side, and contemplate it in awe.

What techniques are available to you for difficult problems? Here is a quick review:

Use the Three-Fingers Technique for any event requiring greater awareness. Program in advance, “When I put these three fingers together and consider (insert problem event), my mind works at a deeper level of awareness for (insert positive outcome).”

Use the Glass of Water Technique for complex situations that do not lend themselves to pictures.

Use dream control when you do not know what technique to use or what the solution might be.

Use subjective communication for human relations problems.

Use alpha level (no formula-type technique) for any emergency—give positive affirmations.

Each of these techniques can be applied in “high gear” when critically necessary. Let us go down the list once more, indicating what we can do in emergency or urgent situations to make the techniques even more responsive.

THE THREE-FINGERS TECHNIQUE. When you program for any event in advance, program yourself at the best time. If you recall, we explained how to determine this: Before falling asleep at night, go to your alpha level and tell yourself mentally, “I will wake up tonight at the best time to program myself.” Fall asleep from your alpha level. The first time you awaken is the right time. Go back to your alpha level and do your Three-Fingers Technique programming. Another way to increase on-side effectiveness of the Three-Fingers Technique to elevate your awareness to superconscious level, as you put your fingers together, take a deep breath and hold it in for a few seconds. The act of holding your breath triggers a survival reaction, and you will function with even higher consciousness.

THE GLASS OF WATER TECHNIQUE. Put a few drops of lemon in the water and hold the glass with the fingertips of both hands. Keep the fingers of each hand touching one another as you close your eyes and turn them slightly upward, mentally saying, “This is all I need to do to solve the problem I have in mind,” as you drink half the water. Do the same with your hands when you complete the drinking and programming of the water in the morning.

DREAM CONTROL. This technique cannot do its best work for you if you are not remembering all of your dreams. Even though you are remembering dreams, it may pay to go through programming to remember a single dream, (see Evenings 11 and 16). Write down more of your dream details when you awake. Later, when you study the dreams, one particular detail may prove to be the golden key you seek.

SUBJECTIVE COMMUNICATION. When you deal with serious human relations problems, you need to be closer to the other side. Subjective communication at your alpha level is good; subjective communication at your laboratory level, which is deeper alpha, is even better. You are in closer touch with the other side.

ALPHA LEVEL PROGRAMMING WHEN THE GOING GETS TOUCH. If you program directly at the alpha level without the use of any of the above formula-type techniques, you should still be aware of ways to enhance your programming. Here are some:

A serious problem deserves a deeper level of alpha. You know how to deepen your level with the countdown deepening exercises. You can also deepen by going to your favorite place of relaxation, which is a familiar process for you by now. Another way to deepen is with progressive relaxation. You recall how to do this from your first days of practice—going from head to toe and relaxing each portion of your body. Of course, you can go even deeper after these exercises by going to your laboratory level, if this feels appropriate to you.

Once you arrive at deep alpha, use the three pictures. First, identify the problem with a mental picture straight ahead. Then see a change for the better in the second picture, which should be slightly to the left (future). Finally, see the goal accomplished or the solution attained in a third picture, again slightly to the left. In the second picture, it is helpful to include a triggering technique (“with every step forward” or “with every sip of water”).

Pictures usually suffice; they are the use of creative energy, the “language” of the other side. Words can be a powerful weapon, too, if you use powerful words. As we all know, when the going gets tough, the tough get going.

Affirmations, when you are working to overcome adversity, can be tough. John Bunyan said, “He that is down, needs fear no fall.” There is no need to be moderate or to pussyfoot around when you need help from the other side on serious matters. Examples:

“I expect and ordain results. I have belief in steady progress, whether I see it or not. My expectation and belief are optimum.”

“I feel a burning desire to reach this goal (solve this problem). I move forward with eagerness and zeal. My geniality, enthusiasm, and goodwill win the support of others.”

“Every day I become stronger and more courageous. I see things as they are. I am optimistic about reaching this goal (solving this problem). I work with eagerness, purpose and creativeness.”

Making Giant Leaps in Personal Ability

Back in 1967, when I was expanding my classes in Texas, artists in Amarillo asked how they could use the Silva Method to increase their artistic ability. I selected one woman in the front row.

“Madam,” I said, “will you come forward and sit in this chair?” She came and sat in the chair at the front of the room, facing everybody. I then told this woman to enter her alpha level, because I wanted to talk to her at her level.

When she indicated she was at her alpha level, I said, “What is your name?”

“Mrs. F.”

“Mrs. F., who would you like to paint like?”

“Like Van Gogh,” she answered.

“Have you read Van Gogh’s biography?”

“Yes.”

“Mrs. F.,” I continued, “since you are a painter, you must have good visualization and imagination. Could you, using your visualization and imagination, create a likeness of Van Gogh here at your level?”

“You mean something like making believe?”

“Yes.”

“Yes I can do that,” Mrs. F. said.

I then told her to start creating a copy of Van Gogh, starting with the head, moving on down to the feet. Mrs. F. started motioning with her hands as though she were sculpturing a body on her right, starting with the head. Every body in the room was watching Mrs. F. create her Van Gogh at her level of clairvoyance.

When she finished, I told her that from now on, when she was painting out of level and had a question about a painting problem, all she had to do was bring the tips of the first three fingers of either hand together, concentrate on the image of Van Gogh she had created, and ask the question she wished to have answered. “The answers you get will be Van Gogh’s,” I assured her.

I then asked her to come out of her alpha level and to paint. Mrs. F. counted up and opened her eyes, then set up her easel, canvas, paints, and brushes and began to paint. Every so often she would put her three fingers together, pause, then continue.

Her painting was a vase with flowers in it. The class was amazed because Mrs. F. was a new student who had taken only a few lessons in art. Later the art teacher came in. He was not aware of what had happened. He stood looking at the painting, then started pointing out the similarities to a Van Gogh!

Later, member of the class said they did not want to use this method because they did not want to make copies of someone else's work.

I explained to them that there was nothing wrong with beginning by imitating the great masters.

"In other words," I told them, "you are picking up where the great masters stopped." I then reminded them of what the teacher of teachers, Christ, had said:

"He who believes in me and the works that I do, he also shall do, and greater than this he shall do."

I interpreted this to mean, "You who believe (at your alpha level) in Van Gogh and the works that he did, you will also do, and greater than this you shall do."

I stressed to the artists, "Notice the phrase 'and greater than this you shall do.' This means that you are not to get stuck being just as good as the great masters. You are to do greater works than the great masters.

"In other words," I concluded, "you will be better than the best. Your being better than the best will be your contribution to the world of art."

Since then, many artists and other creative people have heightened their talents and solved career problems by using the Silva Method. Let's review:

1. At the alpha level, imagine the successful person whom you would like to emulate.
2. Tell yourself mentally, "Anything I need to know what to do to be better, all I need to do is bring together the thumb and first two fingers of either hand, concentrate on this image, and the answers I get will be his (hers)."
3. End your session and resume your work.
4. Whenever a difficulty occurs, put your three fingers together.

The Mind Is a Great Problem Solver

At the present writing, a Japanese manufacturer is seeking to raise \$80 million so that 100 scientists can be recruited from around the world to explore the brain. The money would be used to build a structure on a 40-acre site to house 20 visiting scientists for varying time periods. They would study the workings of the brain and such specific problems as aging. One scientist states that the project will offer a unique chance "to visualize the awake, functioning brain, which—enclosed in its thick, bony box—has until now been extraordinarily impenetrable to the clinician."

This brain study project is exciting. The more we know about the brain, the better. But something learning about our thinking processes by studying the brain is like learning about literature by studying spelling. There is more to the thinking function than those three pounds of brain matter in the "thick, bony box." The mind.

There is a field of energy that surrounds the brain and, in fact, encompasses the whole body. It is like a mold for the physical body. Called the bioenergetic field, it is intelligence at work in guiding cells, organs, and systems. It is outside the "thick, bony box," and yet is part of our total intelligence.

And it is only the beginning.

Add to the bioenergetic field the other fields of intelligence that we utilize, and the mind becomes an unlimited phenomenon.

As far back as the 1940s, Harold S. Burr, a neuroanatomist at Yale University, studied energy fields around living plants and animals. He found that the young salamander possessed an energy field shaped roughly like the adult animals it would become, and that the axis of this field could even be detected in the egg stage. In studying seedlings, he discovered that this same phenomenon existed: the electrical field around the sprout resembled the adult plant.

Energy is the creative force in the universe. The brain is physical matter. Energy is the source of matter. So energy is our connecting link to the nonphysical.

The mind, therefore, not just the brain, is the miraculous “organ” that mankind needs to know more about. We need to identify the other energy fields around man. We need to know more about what Dr. Rupert Sheldrake calls the morphogenetic fields, and we need to understand more about what Dr. Peter Russell calls the global brain.

When it comes to solving life’s different problems, yes, we need to use the brain—both sides of it, which enables more of our mind connected to that larger intelligence on the other side.

Any way that we can enhance our connection to that larger intelligence is a must for solving life’s difficult problems.

One of those ways is using the laboratory level and our counselors. At the laboratory level, we are closer what life’s difficult problems really are—can be unsnagged more effectively at the laboratory level and with the assistance of the counselors who personalize our connection to our creative source.

So, use your laboratory level and your counselors when you program directly or through subjective communication. What you “see” at your laboratory level manifests in the physical level.

As I remind you of the importance of the laboratory level, I am compelled also to remind you of its spiritual nature. One does not go to the resident of a corporation to report a shortage of paper clips. I suspect we all develop a reputation “upstairs” for our ability to handle routine responsibilities. Somebody who goes to his laboratory level for routine situations that can be easily programmed with a formula-type technique may, in the view of Higher Intelligence, be “crying wolf.”

I do not want to get that reputation on the other side. I presume you do not, either. Let us differentiate, then, between life’s everyday problems and life’s difficult problems—for better success with both.

Stop Creating Difficult Problems

Peter A. lost one job after another. His resume looked great because he knew how to present the parade of jobs as increasing and diversified experience. So he was always able to land another job quite easily. But then Peter found himself in a job he really loved. He did not want to lose it; it was enjoyable and it had promise.

Peter had to face up to why he had been forced to change jobs so frequently. He took the Silva Method and it made him feel better about himself. But it also made him more sensitive to the weak points in his personality. There was no doubt about it—he was combative with the people he worked with. He had a perpetual chip on his shoulder.

He went to his laboratory level and asked his counselors, “What do I do about my abrasive personality?” He started daydreaming about the unwanted condition. He saw himself forgiving his father, long since deceased. He shrugged it off. “What else?” he asked. No answer came.

Peter did not fully understand the “physics” of forgiveness, but nevertheless he went to his favorite alpha place of relaxation and invited his father to appear. “He looked like he did when I was a boy,” Peter recalled. “I forgave him for all misunderstandings and asked in turn for his forgiveness. We embraced.”

Later Peter went back to his laboratory level and once again asked his counselors what else he might do. Now an answer came: make an inventory of personality strong points and program more.

Peter lost no time in following through. The more he wrote—words like “punctual,” “honest,” “tidy,”—the most personality assess came to mind. Soon it was a long list. He then

went to his level, list in hand, and mentally affirmed: "I am more aware of my personality strong points. As my awareness of them grows, so do they, and I acquire more positive traits. Every day, in every way, I become more winning in my ways."

The last we heard, Peter had gone on to become a manager in the firm.

Negative personality traits act as a source of difficult problems. It is as if this is a positive universe and to succeed in it, you have to have the same positive approach to your life.

To program out an unwanted trait:

1. Identify the negative trait.
2. At alpha, ask for the cause, and let your mind wander into the past.
3. Assert mentally at alpha, "I cancel feelings of (negative trait)." They are the result of (cause), is no longer important to me. Instead, I feel (opposite)."

Some examples of opposites are hate-love, frustration-satisfaction, inadequacy-self-esteem, dejection-enthusiasm, and insecurity-confidence.

If the difficulty is more of a behavior pattern than a personality trait, reword the above accordingly. Then use this affirmation at alpha to reinforce a positive change:

"I am ready to drop this (behavior pattern). I no longer need it. I am free to be myself. This new way opens up new levels of enjoyment for me and my companions."

Solving Serious Health Problems

Nothing said about healing in this book is intended to be a substitute for professional help. Silva graduates merely use alpha to help their physicians to help them; they do not work on themselves without professional health care supervision. Doctors welcome this assistance by the patient. It is common knowledge that a close rapport between doctor and patient is not only a factor in the accuracy of the diagnosis, but also a catalyst boosting the effectiveness of the medications prescribed. Doctors and the medications they prescribe depend for their success on the healing power of the patient.

With the Silva Method, you become more in tune with the source of life—the creative power—so that healing is accelerated. Many a physician working with a Silva graduate has thrown his hands up in disbelief...there are no signs of illness; a tumor has shrunk or disappeared; an operation is no longer indicated.

What is the prescription for such miracles? Sorry, it does not exist in a form that can be put down on a piece of paper and handed to pharmacist. Even the mental procedure that has miraculous results for one person may not necessarily succeed for somebody else. What one person does in order to relax, mentally correct, say, a back problem, and picture perfect health does not act as a standard prescription for everybody with similar back problems. The common denominator for all such miracles, though, is blissful relaxation and confident mental picturing of positive correction and restorative change.

When a physician sees an unexplainable correction take place due to Silva programming, he might be reluctant to share it with colleagues. It is easier to assume that the condition was not properly diagnosed in the first place, or that it is now responding to previous medication, or that it has undergone an unexpected remission.

Many successful case histories are reported in our national newsletter. Sometimes they are accompanied by a physician's testimonial to the dramatic nature of the cure. For those interested in the healing results of the Silva Method, we recommend our recent book *You the Healer* published by H.J. Kramer.

Healing Help for Yourself and Others

The basic Silva procedure for healing yourself or helping to heal another person of a serious illness is as follow:

1. Go to your laboratory level, greet your counselors and say a welcome prayer.
2. Put yourself or the ill person on your laboratory screen and direct your attention to the problem area.
3. Do whatever comes to mind to correct the problem—erase a dark spot, crush a stone, shrink a tumor, sew up wound, encourage the immune system, and so on.
4. See the problem gone. See in its place perfect health.
5. Thank your counselors, say a farewell prayer with them, and count up.

Here is the firsthand account of this method used by one graduate to heal a stubborn back problem:

I went to see Dr. P., a chiropractor, because I had tried everything else. In two years, nothing helped.

The medical doctors only put me to bed or on crutches and drugs, and still I had the same problems: right hip pain, right shoulder pain, headaches, neck pain, and insomnia.

Dr. P. took X-rays in August and found deterioration of discs L-5/S-1 and C-5/C-6, loss of cervical curve, rotational misalignment of cervical vertebrae, and curvature of the thoracic spine. Or, in plain words, the discs in my lower spine were closing and causing pressure on the nerves and making my hip hurt.

After two months of therapy, Dr. P. suggested that I attend the Silva Mind Control Method program. He had attended a few years ago, and he thought the training would help me.

Well, was he ever right! Our lecturer had some really good suggestions on how to visualize a healthy back. I went to alpha level and programmed three times a day and started getting better.

I took the Silva Method in November, and in January Dr. P. suggested we X-ray my back again, and guess what! The disc that was closing was now open, as it should be.

I am sleeping all right and the TMJ problem is better.

A letter of the patient's history from Dr. P. confirmed these details. What happened to correct this back problem? What happens when a mind pictures a correction taking place? Answer: the other side sends help.

According to Dr. Richard Gerber, "When the patient's consciousness is engaged to assist with any type of therapy, such as the use of visualization to augment a treatment, positive amplifying effects are bound to occur." Gerber believes that this use of the mind unblocks energy centers, removing the blockages that are the cause of psychoenergetic and thus physical imbalances.

More and more physicians are moving in the direction of holistic approaches—seeing the human being less as a closed physical body and more as a complex system of physical, mental, emotional, and spiritual energies.

An energy blockage, Gerber states, "can impede the flow of spirit and of the individual's higher consciousness into the conscious waking life."

The Silva Method puts that process into reverse gear. When we "see" our own body or a subject's body on our laboratory screen, we are seeing the energy body. Our higher consciousness then makes corrections at that level—the level of the spirit. Corrections at that creative level manifest automatically at the level of creation, the physical body. As above, so below.

The Silva Method for Staying Healthy

The Silva Method is more than a corrective procedure to be used only when trouble strikes. Graduates get in the habit of going to the alpha level daily. Just being at the alpha level attunes them to their creative source. This means that they are more likely to do what comes naturally.

Being out of tune leads to unnatural behavior—sitting too much, eating too much, being stressed too much.

Being in tune means being attracted to the right foods in the right amounts and leading a more physically active, stress-free life.

At the first sign of any physical imbalance, we advocate going to the alpha level three times a day for 15 minutes each time. Some of that time should be used to make laboratory corrections of the imbalance through visualization and imagination. The rest of that period could be used for positive reverie—just being there.

The alpha level is both preventive and corrective. Why is it such a panacea? The answer: what else could you expect with help from the other side but the alpha level's all-encompassing help?

The other side does not help us to create serious problems. Each of us can take full credit for our own difficulties. We are experts at that. The imagination is a wondrous faculty with which we are all blessed. It has helped us create this world. The more vivid the imagination, the greater its potential to cause serious problems.

To create benefits rather than problems, the imagination must be under control. Out of control, it can be destructive. It can destroy the very benefits it has created. And, because of the strong mind/body connection, it can pose threats to physical life.

At the alpha level, you are in control of your mind. You are able to put your imagination to work on positive, creative goals. You are able to eliminate fear, guilt, grief, stress, and other causes of serious problems. You never have to remain in situations you do not enjoy. You are able to convert your portion of the world in a paradise.

Chapter 12 - Your On-Going Partnership with the Other Side

As, I see it, the story of the coming of Christ represents a birth that must take place in each of us, what is known as being “born again” into the spiritual dimension. It is appropriate that we celebrate this birth at the darkest time of the year, when the days are the shortest, when the future promises longer and warmer and brighter days. But the symbols don’t matter, so long as people realize that there is a spiritual dimension where all things are possible, and so long as they learn to use that dimension.

Do religions and belief systems unite people, or do they divide people? We see wars being fought, and society disrupted, because of people’s beliefs about what might happen to us in the next world. Philosophies, religions, belief systems have not prevented wars and suffering on this planet. In fact, often they have caused wars and suffering.

It seems to me that all of the great teachers tried to teach their followers how to live a better life here on planet earth. Buddha taught nonattachment as a means of reducing frustration and fighting; Lao-tzu taught that we should flow with the forces of the universe and live in harmony; in the beginning of his ministry, Muhammad brought peace and social reform to his people.

Each teacher was unique in what he brought to humanity. Most from Moses on, have brought rules for better living and, of course, their own personal example. But the rules were working for only a few people. Many still suffered.

What made Christ unique, in my opinion, was that He was sent to find out why the rules and practices taught by other teachers worked for so few people. Christ was a troubleshooter, a problem solver. He identified the problem: People had taken the path of least resistance. They were enjoying the pleasures of the world so much that they had gotten out of balance. They were using the physical, but not the spiritual. In modern scientific terms, they were using the left brain hemisphere, but not the right brain hemisphere, to do their thinking. When He saw what the problem was, Christ taught a method for people to use so they could once again become balanced and use all of their abilities, use both brain hemispheres.

Christ came to bring light and peace and love to the world. We should pledge ourselves to bring light and peace and love in every way we can. You can help—first, by going to alpha level every day and becoming peaceful yourself; second, by programming peace on each trouble spot on our planet. We should use our spiritual heritage—the teachings of Christ and other great teachers—to come together, and to help bring all humanity together in peace and partnership on our planet.

Love and Light

So often there is separation instead of partnership, hostility instead of peace. Faced with separation in its ultimate form, Christ said, “Forgive them, Father, they know not what they do.”

He taught us that forgiveness should be given and received for any injustice. You now know how to do this at alpha. Once you have diffused a difficult situation with mutual forgiveness, you can transform that situation into a more acceptable one.

You have access to two potent spiritual forces that work instantly for you. One is light. The other is love.

No, not a flashlight, or a spotlight, but the light of consciousness. “”See” that light. You do not have to go to alpha. Instantly surround yourself mentally with a brilliant white light. You will automatically trigger more alpha. White light acts as protection. If there is another person or thing present that is a problem, include that person or thing in the circle of white light. Light and

love go hand in hand. You cannot project the white light in fear and trepidation. You must project the white light with love and compassion.

P.J. was caring for a troubled young man. She had taken him for a walk in the countryside when suddenly he turned on her. She was helpless. He started to lunge at her. She mentally surrounded the young man with light and love. He hesitated, resumed his normal stance and the walk was completed without incident.

So powerful is light and love that it is good to practice radiating is as a way of life. I often combine projecting light and love with the intoning of a mantra. I use the universal mantra *om*. In fact, I lead many of my advanced classes through the intoning of *om* at the close of a session.

Om, pronounced more like “aum” but with a long, drawn-out “o” and an extended, reverberating “m-m-m,” is called the universal mantra not only because it is the most commonly used mantra, but also because it is believed to be the closest the human vocal cords can come to imitating the sound of the universe, if the universe made a sound.

If the whirl of the galaxies could be heard, if the planets’ rotations made a sound, if you hear the molecules of matter vibrating, it would sound like “o-o-o-m-m-m.” If this is so, then everything should vibrate to that mantra. And so it does. Have somebody hold their hands out, palms down, while you intone that mantra, and they will feel their palms tingle.

I enjoy hearing people sing. I arranged for my brother Juan to take voice lessons, as he had a really big voice. He lost interest, so I took the rest of his lessons. I loved it. My voice teacher said I was a baritone. But others said I was a tenor.

I was encouraged to go to Mexico City for more advanced lessons with a famous maestro. After one of those sessions, in which I sang arias from *Aida*, *Tosca*, *Pagliacci*, and *La Boheme*, it was announced that the Mexican government had authorized the maestro to present me with a two-year scholarship to study in Milan, Italy. I never went. But I was still blessed. I had strengthened my voice and so was able to lecture for as long as eight hours a day, for 10 straight days.

And you should hear my *om*!

Be “Lucky” the Rest of Your Life

During the years we were researching the Silva Method, science had not yet discovered the different functions of the right and left brain hemispheres. So we confined our search for a mental connection to Higher Intelligence to examining the characteristics of brain frequencies. We found that 10 cycles—the center of the human brain frequency spectrum—was the most stable and energetic. But we wanted more evidence to confirm that this was level for the best connection to God, or our source.

It made good sense to presume that if we were doing the right thing, we would be rewarded by good things happening. We would then know we were on the right track. Good things started coming our way immediately. They started with a feeling of satisfaction, the kind of feeling you get from a job well done.

As we made more and more good decisions in research and in the business world, feelings of satisfaction grew into feelings of happiness. Those feelings of happiness had, at their heart, the conviction that the other side was indeed on our side.

When you are right more times than wrong in making educated guesses or decisions in the business world, you are called “lucky.” But what does it really mean to say someone is “a lucky person?” I think a lucky person is divinely inspired, prophetic, God-connected. That connection is the right hemisphere—unknown to us 30 years ago, but recognized today as our link to where we came from—the spiritual realm.

The spiritual realm needs us to continue with creation.

This is far from a perfect world. Any “lucky” person who continues to solve problems and make decisions toward perfecting this world, and who uses most of the material gains from so doing (both business and personal profits) to further that activity, will continue to be lucky.

As you continue to help the other side to remove obstacles that hinder constructive progress or cause human misery, you get luckier, happier and happier.

Three Steps to Keeping Life Beautiful

The prophet Jesus said, “Seek the kingdom first, function within God’s righteousness, and everything else will be added unto you.”

The kingdom that this prophet meant was not a kingdom to be entered after we die, but one to be entered right here on earth—the kingdom within. To function within God’s righteousness while in the kingdom within is to perceive creatively and positively. Then the results are automatic.

Translating this into the Silva Method, we get the three simple steps with which you are now quite familiar:

1. Close your eyes and relax your body and mind.
2. Identify the problem. Move it slightly to the left and see a corrective factor at work.
3. Move the picture again slightly to the left and see the solution accomplished.

As you correct problems in the spiritual, invisible world of the mind, the effects appear in the physical, visible world of the body just as surely as effect follows cause.

Let us imagine the perfect situation: Everybody on this planet had developed the faculties of visualization and imagination to the fullest and had been practicing them for two thousand years. Due to the enhancement of the spiritual factor, relations between neighboring families, cities, countries, states, and nations are excellent. When faced with a difficult problem, neighboring families, cities, counties, states, and nations cooperate with each other until a solution is found.

When this type of cooperation exists, stress, anxiety, and tension are totally eliminated. Stress, anxiety, and tension are what cause the weakening of the human body.

So because of the enhanced spiritual factor, there are no problems to cause distress, strain, and anxiety and weaken the human body. This results in our having perfect health. Healthy human bodies that last longer are able to do more and better work, help God with creation, and convert the planet into a paradise. Once a person has developed the ability to use visualization and imagination and has learned to function with awareness at the center of the brain frequency spectrum where conscious awareness is in contact with the spiritual, invisible world of the mind, that person becomes a humanitarian, philanthropic, clairvoyant prophet. That person can be you.

Bring Your Life’s Purpose into Better Focus

In order to function for the purpose for which we have been created—to help the Creator correct all abnormalities and problems on this planet—we need to function with both sides of the brain, the right side receiving solutions and the left side implementing them. The person who receives inspiration but does not act on it in the physical world is not fulfilling his purpose. The person who acts in the physical world without creative inspiration also very likely is not fulfilling his purpose.

Presumably, you have activated your right hemisphere by the time you have reached this book's final chapter. You are now better able to tune in to creative solutions. But how do you implement them?

Do you paint them on canvas, put them into words of poetry or prose, sculpt them in stone? Do you implement your inspiration in your present job, in a second or "moonlighting" job, in your family life, or in your social life?

Higher Intelligence knows. You can tap in for the answer. With that answer comes easier going for you.

Try the following method to find out more about your life purpose:

1. Before falling asleep at night, go to your alpha level and instruct yourself to "awaken at the best time to discover more about my purpose in life." Go to sleep from your alpha level.
2. When you awaken for the first time, again go to your alpha level and, with an extra 10 to 1 countdown, to your laboratory level. Greet your counselors and say a welcome prayer.
3. Ask the question, "What is my divine purpose on earth?" Then start to think about what you might be doing that you are not doing now. Ideas will come to you. They are coming through your counselors, and you know where your counselors are getting them. You may feel as though you making them up, That's the correct feeling. Review these for later recall.
4. Thank your counselors, say a farewell prayer, and count up 1 to 10 to the alpha level, from which you can go back to sleep.

Completing Creation

At present Silva Mind Control International, Inc., has about 350 instructors in 73 countries and territories, and in 22 years of training, we have been able to center some 8 million people.

We would need thousands of new instructors to train the rest of the people on this planet, and it would take us well past the year 2000.

Every graduate and every reader of this book should do what he or she can to convert others to becoming centered in their thinking. Anything you do to encourage people to recognize and develop their spiritual factor can lead to centering.

Those of you who are close to or in the field of education should encourage teachers to foster relaxed daydreaming and to provide relaxation and mind-picturing exercises along with whatever else they teach. Parents should provide mind training for centering their own family members. All this is top priority for the survival of our planet. We all need to climb aboard the bandwagon to help create our world.

Being in Control

The world of the mind is always one step ahead of the world of the physical. The thought comes first. Materialization of that thought follows. It does so via its right hemisphere. This hemisphere is activated by relaxed daydreaming. You have now learned a simple way to duplicate this state under your control. You can go to your alpha level, activate your right hemisphere, and put your brain in touch with your mind.

Your other side lets you control your life. It wrests control from the brain, which would otherwise make your life a cacophony of unwanted illnesses, unwanted limitations, unwanted difficulties, and unwanted conflicts. Look around you. Read the newspapers. Visit the courtrooms, prisons, and hospitals—all products of a brain-controlled world where the brain is left-hemisphere dominated and therefore not fully connected to the mind.

With your other side in control, you are able to rise above the pain and suffering of the left-brained world. What we call human intelligence is actually one with superhuman intelligence. It may appear to be on this side, but it extends to the other side. It is in both the physical and spiritual realms. It is what religious people mean when they talk of the soul or spirit. It's what psychologists call the psyche. It is what metaphysicians mean when they talk of consciousness.

When we think—with alpha connector activated—the creative process begins. When we act on those thoughts, the creative process manifests.

As long as you can control your thoughts, with both hemispheres going for you at the alpha level—you can control your life. You can program for things to happen.

You can program inanimate matter.

Elsie M. used the Glass of Water Technique to find a mate. She was soon happily married.

You can program plants

Pat M. encouraged her sprouts with love and got them to grow three times as fast as a control group.

You can program animals.

Alvin S. “talked” to the ants that had begun to invade his kitchen, and they left

You can program humans.

Jean W used subjective communication to get her runaway son to phone and then return.

You can do even greater things with your alpha thought. You can control your life.

Use the alpha level every day, and you will benefit from both worlds, the spiritual and the physical. You will be able to influence the physical world from the spiritual, and you will be able to influence the spiritual from the physical.

The Key to Effective Prayer

Look at that man over there. He is sitting on the park bench, wide-eyed and staring, lips moving in prayer. He is without work, hungry, and desperate. His family is falling apart. He is on the verge of a nervous breakdown. His life is out of control.

Will his prayers help? Maybe. But his anguish is separation, and when you are separated you are less connected to the destination of your prayer.

How about that man over there? He is relaxed; his eyes are closed; he is praying for peace in the world as well as for peace within himself and in his family. He “sees” it happening

Will his prayers help? No “maybe” about it.

Nothing in this book dismisses prayer. In fact, this book calls for your life to be one continuous prayer.

And when you are centered in your thinking, with both hemispheres in “on” position, that's exactly what your thinking is—prayer.

If you have completed your 20 days of training with this book, or your 4 days of training with the help of a Silva lecturer, you are centered. You are ready to begin a new, controlled life.

Begin today

Some people want to wait until they think they are perfect before they are ready to fulfill their missions. This is a mistake. If you were perfect, you would not be here in this classroom called earth. This is our training ground. It is important to learn all you can while you are here. And it is important to love, and to express your love to other humans on this planet. As I've said many times before, learning how to interact better in relationships with other humans is a top priority lesson.

We have a choice about our relationships with others. We can compete, or we can cooperate. Throughout the world, many people are competing—often with guns and bombs. It is important that we change this, and help bring peace to our planet.

Pray for peace. Program for peace. Live in peace.

Action Equal Success

Many people become frustrated because of fear of failure; they fail to act, so they never know that they could have succeeded.

All of your preparation in the Silva Method will mean little if you do not take action. It has been said that faith without works is dead. For one thing, you will never know if you made the correct decisions unless you put them to the test—the test of observing the results.

As long as we are learning, we will make “mistakes.” What looks like a mistake may only be a learning experience—guidance to get us onto the right course of action.

We know we cannot help to create a better world by inaction, but only by action. We have been given the power to create—to create new ideas and to put those ideas into physical form.

When we are at the alpha level, we are able to go forward and backward in time. That’s called eternal. We are able to project our intelligence infinitely. We can know things we should have no way of knowing—we are omniscient. We can change unwanted or abnormal conditions—we are omnipotent.

Eternal, infinite, omniscient, omnipotent. Yes, we resemble our Creator. We are divine.

Claim your divinity. Follow your guidance. Make decisions and act.

You have an invisible means of support.

The other side and this side are on the same side.

The Organization ~ Silva International, Inc.



Vision

It is our vision that every man, woman and child have the tools and techniques to make their desires and dreams come true.

Mission

Our mission is to teach people how to use their inherent human potential through a series of life-changing lectures. We explain the time-tested concepts, tools and techniques leading to creating a better world for all.

Network

There are Silva Mind Method representatives in 111 countries, worldwide. Programs are taught in 30 different languages.

To find the training center nearest to you, please visit : www.silvamethod.com

Regional Co-ordinator : Malaysia



Silva Method (Malaysia) Sdn. Bhd.

21-9 The Boulevard Offices

Mid Valley City, Lingkaran Syed Putra

59200 Kuala Lumpur, Malaysia

Tel : (603) - 2282 9939 Fax No. (603) - 2282 9929

Email : enquiry@silvamethod.com.my

Website : www.silvamethod.com.my

Testimonials

About Silva Method, I would say it is the most powerful single tool that I have to offer patients

~ Dr O Carl Simonton
Research pioneer in imagery therapy for cancer

The greatest benefit I obtained from this course was my ability to keep myself in a relaxed physical and mental state in problem solving and making major decisions under stress.

~ Tan Sri Dr. Raja Ahmad Nordin
Director General of Health Ministry

Silva Method has helped me in overcoming the problems, stress, fear and anxiety that were taking control of my life.

~ Benedict A. Louis
Telecommunication Executive

Upon completion of the course, I found myself to be very positive and I have become more organised and relaxed in my daily life.

~ Tengku Noone Aziz
Project Consultant

I have found a calmer, more productive way of life through the Silva Method.

~ Steve Setera
Technical Director

I have emerged from the course a happier, healthier and better person.

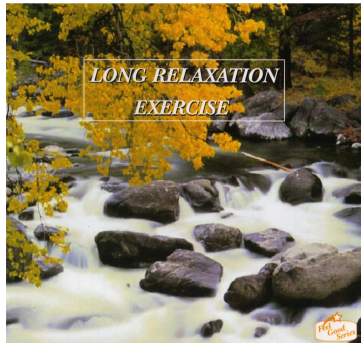
~ Long Foo Sim
Teacher

The most important thing I learnt was creative visualization. Using the maxim “your mind thinks in pictures and pictures what you think.”

~ Sharmila Valli Narayanan
Journalist

Silva Mind Method Resources

I. Audio CDs



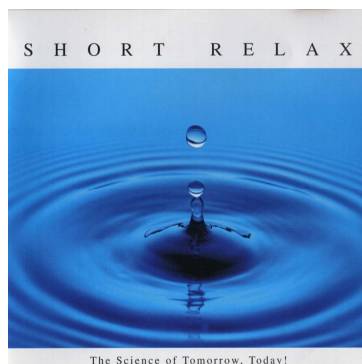
Long Relaxation Exercise

Track 1 : Alpha Sound (38:10)

The gentle tapping of the Alpha sound can assist you in getting onto the Alpha track and remain at deeper levels of mind. You can also use the Alpha Sound to assist you in practicing the techniques learned at the Ultra Seminar to help in the process of healing.

Track 2 : The Long Relax (34:44)

You will be guided to ease the tension in different parts of your body in a progressive manner. You will experience total physical and mental relaxation and become remarkably calm and relaxed within minutes.



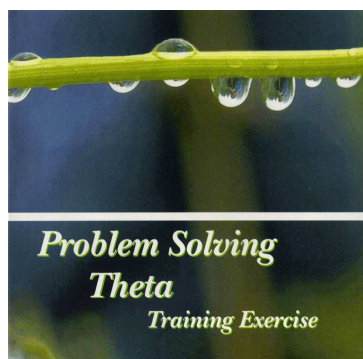
Short Relaxation Exercise

Track 1 : Mind Control Sound (40:00)

The Mind Control Sound will help you get on Alpha track. The tone and frequencies acts like a suggestion to the brain & body, particularly the brain waves to slow down. It will coax you into progressively deeper, calmer state of mind.

Track 2 : Short Relax Conditioning Cycle (23:08)

A systematic, step by step guided process to bring you into a state of relaxed alertness.



Theta Training Exercise

Track 1 : Theta Sound (29:58)

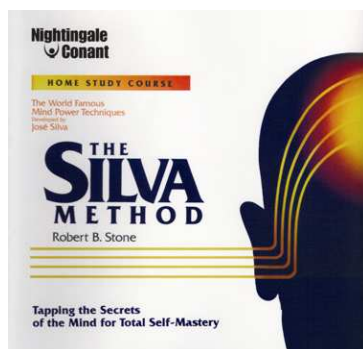
The gentle tapping of the Theta Sound guides you into deeper, more relaxed levels of the mind. You will attain an inner peace. Being at peace is a wonderful state of mind and body.

Track 2 : Theta Training Exercise – Problem Solving (15:01)

Jose Silva guides you into deep relaxation levels. When you are quiet and centred, you can do your own programming or visualization in problem solving. You can put into practice the formula type techniques like Mirror of the Mind, Dream Control or Mental Screen.

Track 3 : Theta Training Exercise – Affirming (11:24)

The affirmations in this recording will keep you centred and motivated to achieve your goals.



Nightingale Conant Silva Mind Method HOME STUDY CD Set

by Jose Silva, Laura Silva & Dr. Robert Stone

The perfect home study CD set to get you started with discovering the potential of your own mind.

It is a Nightingale Conant product and is still their best selling Silva product. Dr. Robert B. Stone PhD MIT and founder, Jose Silva did a tremendous job at getting you familiarized with Silva Method before attending the live program.

These CDs will guide you to the alpha level and take you through many of the basic mind techniques of the Silva Method. This set includes the Alpha Reinforcement Exercise CD narrated by Jose Silva as a bonus.

II. EQUIPMENT



Silva Mind Method ~ Trainer 1

Jose Silva invented the Silva Mind Method Trainer 1 instrument to provide the user with a measuring device to set points of reference for entering, maintaining and exiting a state of mental relaxation (the Alpha Levels of the Mind).

The Trainer 1 is a galvanic skin response (GSR) instrument that indicates how relaxed you are. It emits a beeping sound that slows down as you relax. The beeping starts at approximately 18 times per second, slightly below your normal waking brain wave frequency. As you relax, the rhythm of the beep slows down.

Silva Mind Method Books & CDs are now available in

- * English
- * Mandarin
- * Bahasa Malaysia

For more products to build inner strength for greater self-empowerment, please log on www.silvamethod.com.my or call us : (603) - 2282 9939